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New poll says Canadians don't mind their daily trek — and that they even find it relaxing PAGE 18

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WITH THOSE TWO WORDS, HE ACCEPTS BAIL CONDITIONS: MUST PAY $100K, LIVE WITH MOTHER

PAGES 16 & 24

Grey Cup makes a splashy entrance

CFL. Festival and big game expected to inject millions of dollars into economy

CFL Commissioner Mark Cohon carries the Grey Cup trophy during its arrival via boat with a military and navy escort at Vancouver's Harbour Green Park on Wednesday. JENNIFER GAUTHIER/FOR METRO

The Grey Cup trophy arrived in Vancouver on Wednesday, kicking off four days of festivities leading up to the 102nd Grey Cup game on Sunday.

Arriving by sea, the legendary trophy landed midday at downtown Vancouver's Harbour Green Park, making an epic entrance on a navy boat with a military and navy escort that included a helicopter.

"It was a spectacle," said CFL commissioner Mark Cohon, who carried the trophy during its entrance. "We have a special bond with the military so to be out there with the men and women of the military and see their excitement, taking photos, doing selfies — it's all great."

The arrival of the trophy signalled the start of the Grey Cup Festival, which features a mix of free and ticketed football festivities running Thursday to Sunday at the Vancouver Convention Centre and Jack Poole Plaza, and culminates with Sunday's big game that will see the Hamilton Tiger-Cats and Calgary Stampeders square off at BC Place.

For Cohon, who is retiring from his role as commissioner this year, presenting the Grey Cup to Mayor Gregor Robertson on Wednesday held special significance.

"This is my last Grey Cup," he told Metro. "It was a wonderful experience. Everyone's excited about the Grey Cup being back here and I think this will be an amazing weekend."

Alec Dan, a member of Coast Salish dance group Coastal Wolf Pack, performed a blessing ceremony on the trophy using cedar boughs once it arrived on the unceded territory of the Musqueam, Squamish and Tsleil-Waututh First Nations.

"Cleaning with the cedar boughs is like uplifting the whole spirit of the Grey Cup and cleansing it spiritually for the teams that are going to be here on Sunday," Dan said. "It was an honour."

Robertson said the city anticipates the festival and game, which are expected to draw thousands of Stampeders and Tiger-Cats fans to Vancouver, will inject about $35 million into the local economy.

Although about 4,300 Grey Cup tickets remained unsold on Wednesday, Jamie Pitblado, general manager of the Grey Cup Festival, said he is confident tickets will sell out in the final days before the game. THANDI FLETCHER/METRO

For full festival coverage and event listings, see Metro Vancouver's Friday edition and visit metronews.ca.

Schedule

Grey Cup Festival events on Thursday:

- Calgary Grey Cup Committee pancake breakfast, 11 a.m. to 1 p.m., Canada Place Way.
- Red Truck Tailgate Concert Series featuring Hey Ocean!, Family of the Year and Gay Nineties, 5 p.m. to midnight, Vancouver Convention Centre.
- CFL Awards, 7 p.m., Queen Elizabeth Theatre.

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Budget. Balance, surplus projected

British Columbia's projected budget surplus numbers are rising, but the Liberal government isn't planning a spending spree, Finance Minister Mike de Jong said Wednesday.

He said the latest financial figures reflecting the first six months of the fiscal year point to a projected budget surplus of $444 million. The government forecast a surplus of $184 million when the budget was tabled last February.

De Jong said the projected surplus leaves room to consider funding more programs, but he warned there are debts to be paid for money borrowed for existing programs.

Earlier this month, the all-party Finance and Government Services Committee endorsed the government's commitment to balanced budgets, but among its 58 pre-budget recommendations were calls to review poverty-fighting programs.

The committee mentioned social assistance rates, the minimum wage and a child-support clawback program that has drawn protests at the legislature. The committee also recommended that the government consider increasing payments to people with disabilities to reflect higher costs of living.

"One of the ways governments all over the world get into trouble is that when times get tough they are quick to run to the banks to borrow money and never get around to paying it back," de Jong said. "Every family in B.C. understands it is legitimate to seek financing through difficult times, but you've got to pay it back."

THE CANADIAN PRESS

An anti-logging protestor is carried away by RCMP after being arrested for blocking Macmillan Bloedel logging trucks at the entrance to Clayoquot Valley in 1993. A group of activists who were part of the Clayoquot Sound protests in the early 1990s were arrested Wednesday at an anti-pipeline demonstration near Vancouver. CHUCK STOODY/THE CANADIAN PRESS

Warriors of the Woods join the pipeline battle

Burnaby Mountain. Activists involved in '93 Clayoquot Sound protests arrested while demonstrating against Trans Morgan expansion

A group of activists who were part of the Clayoquot Sound protests in the early 1990s, which saw thousands blockade logging trucks in a remote area of Vancouver Island, were arrested Wednesday at an anti-pipeline demonstration near Vancouver.

Five former Clayoquot Sound protesters were the latest to be arrested on Burnaby Mountain, where police have been enforcing an injunction related to Kinder Morgan's proposed Trans Mountain pipeline expansion. At least 100 people have been arrested so far.

The demonstrations on Burnaby Mountain, where anti-pipeline activists set up an encampment in an attempt to block survey and drilling work, prompted immediate comparisons to Clayoquot Sound.

The protests in the summer of 1993 became known as the War of the Woods. They ended with more than 800 arrests, prompted changes to logging practices in B.C. and drew public attention to the issue of clear cutting in old-growth forests.

Valerie Langer, who was an organizer with Friends of Clayoquot Sound in 1993 and was arrested in Burnaby on Wednesday, said the Kinder Morgan survey work represents a "breaking point" in what she described as a growing anti-pipeline movement.

"We saw that there was a feeling that was happening that reminded us very much of the feeling of when things were getting started on the Clayoquot campaign," Langer said in an interview before her arrest.

Langer, who now works for ForestEthics Solutions, which is connected to U.S.-based ForestEthics, took on an organizational role in summer of 1993 and wasn't arrested then. She had already been arrested four times for protests before that summer.

On Wednesday, Langer and her fellow Clayoquot activists addressed supporters before walking up to a line of police tape. As a choir sang, they linked arms and calmly walked underneath the tape, which RCMP officers lifted to make it easier to pass through.

They stood for a few minutes holding signs, including one that said For Clayoquot Sound, until they were carried away by RCMP officers.

THE CANADIAN PRESS

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Kidnapping attempt. Victim taken to hospital

A 22-year-old woman was taken to hospital after being assaulted by a man who then tried to drag her into a van, according to Vancouver police.

The incident happened shortly after 8 p.m. on Tuesday night on Prince Albert Street near E. 10th Avenue.

The woman was walking along the street when she was approached from behind and grabbed.

The man hit the woman in the head and face with an unknown object while trying to drag her inside a dark green van, but the victim was able to fight him off and run to a nearby residence for help.

She was taken to hospital and treated for minor injuries.

Vancouver police are investigating and describe the suspect as a white man, six-feet-tall, in his 30s, and wearing a dark hoodie and gloves. MATT KIELTYKA/METRO

Surrey

Wounded man tries to take taxi

Mounties in Surrey are seeking witnesses after a man bleeding from his neck tried to take a taxi early Wednesday.

Police were called around 1:50 a.m. about a man getting into a taxi in the 7,400-block of 121A Street who was bleeding quite badly from a neck wound.

When officers arrived, the man had walked away from the taxi. Police found him a short distance away. The man was taken to hospital with non-life-threatening injuries.

Police said the man is supplying few details about the incident and is not being fully co-operative with police.

Police ask any witnesses to the incident to call the RCMP at 604-599-0502 or call Crime Stoppers. METRO

Vancouver police, ICBC urge pedestrian safety in winter

Authorities are reminding motorists and pedestrians to be extra careful on the road during winter weather conditions. JENNIFER GAUTHIER/METRO FILE

Roads are dark and wet. Vancouver police and ICBC remind road-users to be wary

THANDI FLETCHER
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As the days get shorter and weather gets wetter, Vancouver police and ICBC are reminding drivers and pedestrians to exercise caution during a time of year that sees a surge in injuries and fatalities.

Officers and community policing volunteers handed out reflectors to passersby at the corner of Cambie Street and West Broadway on Wednesday in a bid to educate pedestrians on the importance of being visible to drivers.

In Metro Vancouver, 33 pedestrians are killed and 1,700 pedestrians are injured in crashes every year, according to ICBC.

From November to January that number jumps as 76 per cent more pedestrians are injured in crashes in B.C. on average every year compared to June through August, according to ICBC.

"During commute times, it's dark and rainy and there's a glare, so it's all of these compounding factors that definitely contribute to the increase of pedestrian crashes," said Jill Blacklock of ICBC's road safety team.

Blacklock encouraged drivers to slow down, increase their following distance, give themselves plenty of travel time, ensure their wipers are in good condition and consider using headlights when weather is poor.

She urged pedestrians to be visible, communicate with drivers to ensure they have seen them — especially at intersections — and to not wear headphones so they can hear vehicles around them.

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CUPE B.C.'s lawyer Leo McGrady explains the union's defamation lawsuit against the NPA and Kirk LaPointe on Wednesday. EMILY JACKSON/METRO

Corruption talk spawns CUPE suit

Libel suit. CUPE B.C. seeks damages for NPA, Kirk LaPointe comments over donations to Vision Vancouver

EMILY JACKSON
emily.jackson@metronews.ca

It's too late for the Non-Partisan Association and defeated mayoral candidate Kirk LaPointe to apologize to CUPE B.C. for suggesting the union's campaign donation to Vision Vancouver amounted to corruption.

CUPE B.C. filed a defamation lawsuit Wednesday against LaPointe and his political party for comments to media and on the NPA's website about a "corrupt deal" even if LaPointe comes forward with an apology, CUPE's lawyer Leo McGrady said at a news conference Wednesday.

The union is seeking special, aggravated and punitive damages to make up for the "sticky" allegation of corruption that it argues will hurt it at the bargaining table across the province.

CUPE chastised LaPointe, a UBC journalism ethics professor, for not inquiring into the truth of the accusation.

"That word, by definition, involves illegal conduct," he said. "You may have your criticisms of the conduct, you may have your own views on it, but it cannot be said as a matter of law that in any sense it was corrupt."

The allegation stems from CUPE's $102,000 donation to Vision Vancouver after Coun. Geoff Meggs said at a closed-door meeting that Mayor Gregor Robertson had recommitted to not further contracting out city jobs.

There are no limits on union or corporate donations in B.C. municipal elections, although the province has promised to change the rules before the next election in 2018.

Robertson and Meggs are also suing the NPA and LaPointe for the allegations of criminal misconduct, and have no intention of dropping the lawsuit despite their victory — and LaPointe's loss — in the Nov. 15 election.

Reached by email Wednesday, LaPointe said he is reviewing the two claims that are quite similar in nature.

He had no additional comment, but has previously called the Vision lawsuit an "attempt to stop our criticism of their party's record and behaviour."

The NPA has not taken down the post on its website that alleges a "corrupt deal."

Defamation lawsuit

CUPE B.C. will pursue the lawsuit despite the NPA's loss at the council and mayoral levels.

- **Repairing the damage.** The CUPE believes a judgment in the union's favour would undo the damage it believes was done to its reputation.
- **Damages.** Awarded payouts from similar cases can range from $30,000 to $100,000.

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Driver wanted. Fuel-cell electric car gets Van debut

The first member of the Canadian public to drive a hydrogen fuel-cell vehicle every day will be from Vancouver.

Hyundai Canada announced Wednesday that the search is on to find a driver in the Vancouver area willing to try the new technology with a three-year lease beginning in 2015.

The driver will be a guinea pig of sorts, allowing Hyundai to trial run the Tucson Fuel Cell Electric Vehicle before it goes on sale to the general public.

Chad Heard, spokesperson for Hyundai Canada, said the company is looking for someone willing to put up with some inconveniences.

For starters, there's only one refueling location. In Surrey.

But the company will pay for all the fuel during the three-year lease, cover all the maintenance costs and offer premium valet service whenever the vehicle needs servicing.

"We're looking for someone who is interested in driving this vehicle but recognizes there will be some hiccups along the way," said Heard. "There's an established (hydrogen fuel cell) industry here; Vancouver is at the forefront."

The vehicles, which use hydrogen to power an electric motor and emit zero greenhouse gas, have already been used in commercial and government settings.

Hyundai became the first auto manufacturer to mass-produce fuel-cell vehicles in 2013, so rolling out the technology for public use is still in its infancy. MATT KIELTYKA/METRO

The Hyundai Tucson Fuel Cell Electric Vehicle will get its first Canadian public test run in Vancouver. CONTRIBUTED

Mount Pleasant's tallest condo gets OK after 7 years

A rendering of the Independent on Main Street at East Broadway. CONTRIBUTED

Controversial. Concerns rampant from local businesses, residents

EMILY JACKSON
emily.jackson@metronews.ca

A controversial condo development in the heart of Mount Pleasant has received its final stamp of approval after seven years of slogging through Vancouver's planning process.

City council approved a bylaw to rezone the property at Main Street, Broadway and Kingsway on Tuesday, two and a half years after it approved the development at a marathon public hearing.

The complex — which includes a 21-storey tower, a nine-storey tower and two five-storey buildings — by local developer Rize Alliance will boast the tallest building in the neighbourhood.

"We're looking forward to the ground breaking in 2015 and providing new homes for people wanting to live in Mount Pleasant," Rize CEO Will Lin said in a statement.

The development will have about 250 units along with commercial space on the ground floor.

The proposal caused heated opposition in the neighbourhood, as it is located at a bustling crossroads of independent shops and restaurants.

In response to concerns, the developer axed some commercial space and divided a larger building into separate buildings to try to fit with the unique character of the neighbourhood.

Even still, the project couldn't muster unanimous support. Green Party Coun. Adriane Carr refused to support the bylaw approving the project, as the final version includes about a dozen additional units from the proposal that went to public hearing.

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Police investigating. Body found in Langley

Homicide police are investigating after a body was found off the side of a road in Langley on Tuesday.

Just before 10:30 a.m., Langley RCMP responded to a report of a body in the 24,700-block of 64 Avenue and found human remains.

Police said early evidence suggests the person was a victim of homicide.

The RCMP's Integrated Homicide Investigation Team took charge of the investigation but will not be releasing any details until an autopsy, scheduled for Thursday, is complete.

THANDI FLETCHER/METRO

Contact

Anyone with information is asked to contact IHIT at 1-877-551-4448, or Crime Stoppers at 1-800-222-8477.

Vancouver Island

Researchers find new clam species

Ten years after an unusually scalloped clam was dragged up from the ocean floor off northern Vancouver Island, the tiny mollusk is making waves in the research world.

Melissa Frey, curator of invertebrates at the Royal BC Museum, says she was cataloguing a number of species about four years ago when she noticed something about the clam.

After doing her own research, she asked Graham Oliver, a world expert on bivalves at the National Museum of Wales, to confirm that it was a new species.

Frey and Oliver recently co-wrote an article on the clam — ascetoaxinus quatsinoensis — published in the journal Zootaxa.

THE CANADIAN PRESS

'Don't Muzzle B.C.' fights changes to Society Act

NDP campaign.
Changes could allow small community groups to be sued by rich private interests

EMILY JACKSON
emily.jackson@metronews.ca

An image from the B.C. NDP's campaign to stop a change to the Society Act. CONTRIBUTED

The B.C. NDP is campaigning to stop a proposed change to the Society Act that would let anyone take a society to B.C. Supreme Court if they believe the society is "carrying on activities that are detrimental to the public interest."

More than 3,200 citizens have signed the NDP's Don't Muzzle B.C. petition to fight the new legal mechanism that the NDP believes would prevent non-profits from speaking up on any contentious topic for fear of being sued.

NDP leader John Horgan fears the change would allow rich private interests to tie up environmental and community groups in expensive court battles, he wrote in an email to supporters on Wednesday.

"The potential impact of this policy is chilling. It could effectively muzzle free expression and public debate across B.C., striking at the very heart of our democratic values and giving unprecedented power to those with the deepest pockets," Horgan wrote.

The NDP hopes if enough people sign the petition, B.C. Liberal Premier Christy Clark will abandon the change. More than 30 organizations called on the premier to drop the section from the draft legislation in October. At the time, the government defended the amendment as a way to make societies — many of which are publicly funded — more accountable. The legislation could still change based on public input received by the government.

Visit dontmuzzlebc.ca to sign the NDP's petition.

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Gateway Theatre is Crazy For You

Kate Blackburn and Gaelan Beatty are among the 24 performers in Crazy For You. It starts Dec. 4. DAVID COOPER

Gateway. Two dozen performers take to the Gateway Theatre's Mainstage Dec. 4 in Crazy for You

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

There's something about winter that makes me want to move to Mexico.

Sure, I'd miss my vast collection of tuques and my highly enjoyable nightly commute through torrential downpours.

But I'm sure that, with the passage of time, I'd eventually overcome the loss.

Ofcourse,I'dalsobegiving up YVR's diverse winter arts scene.

And that's just something I'm not willing to do, even for unlimited bottomless margaritas on the beach.

Also, I like tuques. So I'll probably be wearing one to Gateway Theatre's Crazy for You, a Gershwin musical set in 1930s New York.

There's hijinx, hilarity and, as Gateway's artistic director Jovanni Sy says, "tap dancing, comedy, romance and, of course, an all-Gershwin score!"

Songs include I Can't Be Bothered Now, Bidin' My Time, I Got Rhythm, Naughty Baby, They Can't Take That Away from Me, But Not for Me, Nice Work if You Can Get It, Embraceable You and Someone to Watch Over Me.

The show features 24 performers, including Gaelen Beatty, Jonathan Holmes, William Ford Hopkins, Robin Sukoroff, Britt MacLeod, Wendy Bollard, Theo Budd, Kate Blackburn, and more.

Crazy for You opens on the Gateway Theatre's Mainstage Dec. 4.

It runs until Dec. 31. There's more information at GatewayTheatre.com.

Meanwhile, the Museum of Anthropology at UBC presents Piga Picha!

It's a look at Kenya's pop culture through the lens of an illuminating collection of studio photography taken from the studios and streets of Nairobi.

The exhibition is curated by pro shooter Katharina Greven (formerly of the Goethe-Institut in Kenya).

Greven partnered with more than 30 studios in Nairobi and consulted with photographers, studio operators, artists, journalists, bloggers and cultural scientists to put together the diverse collection.

"A highly regarded art form in Nairobi, portrait photography is used to tell stories, share social status, and transform everyday life," says Greven.

"More than a direct reflection of the individual, these self portraits highlight and amplify desirable features to create an illusion of the idyllic self."

Piga Picha! is on now and runs to April 4 at MOA.

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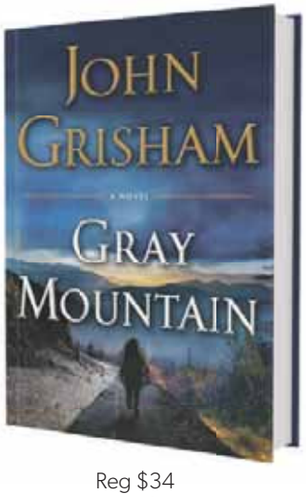

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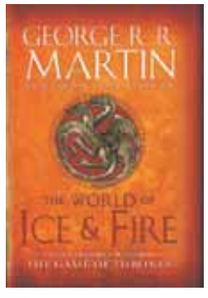

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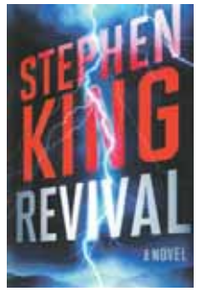

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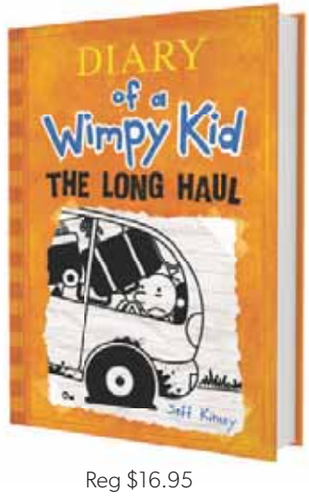

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Fear of genetic discrimination swaying patients from testing

When reporter Jessica Smith Cross learned a Silicon Valley genetics testing service, 23andme, is now offering Canadians a $199 mail-in test, she was curious: How much could she learn from her DNA and how much should she learn? Today, Smith Cross looks into genetic discrimination and finds it's very real in Canada.

It's all in your genes

- This is the second in a three-part series in which reporter Jessica Smith Cross — who took 23andme's new mail-in genetic spit test — delves into the implications of increasingly easy testing in the complicated legal and ethical Canadian landscape.
- Tomorrow: Smith Cross on her results and whether or not to learn if she is predisposed to Alzheimer's.
- Read the whole package at metronews.ca

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Dr. Ronald Cohn has a problem: His 12-year-old patient has one of two genetic diseases. One is treatable with medication, while the other requires constant monitoring and possible surgery to prevent sudden, early death. The question is: Which one does she have?

She and her father show symptoms — including extremely bendable joints and an enlarged heart vessel — consistent with the more easily treatable condition (Marfan syndrome), but also consistent with Loeys-Dietz, the potentially fatal disease.

Dr. Cohn has recommended the girl — or her father — undergo a painless genetic test, easily done using saliva. As both diseases are inherited, if the father has the genetic mutation causing Loeys-Dietz, the daughter would likely have it, too.

But her parents refused to consent to the test, fearing it would open the father and daughter to genetic discrimination.

"The father was very quick to understand, 'Well, if I do this and I don't have life insurance and long-term disability insurance at the moment, I won't be able to get it if I have the disease,'" Cohn, the co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto, told me.

Cohn said he has been treating the girl under the assumption she has Loeys-Dietz. The child comes to the hospital regularly for ultrasounds of her heart and management of a disease she may not have.

"She may not have to live with this," he said. "(If the test came out negative) the family wouldn't have to live with the anxiety that she has a very aggressive form of a heart disease."

Chiropractor Brynne Stainsby, seen in her Markham, Ont., office studio, faced genetic discrimination when she applied for insurance. TARIN ELBERT/METRO

Cohn is one of the proponents of the proposed Genetic Non-Discrimination Act to prevent genetic discrimination (for example, in employment or insurance coverage). The bill is currently before the Standing Senate Committee on Human Rights. Cohn testified before the committee last month that fear of genetic discrimination has stopped many of his patients' parents from allowing genetic testing that could help their children and prevent unnecessary procedures.

Genetic discrimination is real

Brynne Stainsby has experienced first-hand how genetic discrimination can change a life.

Stainsby knew she had a 50-50 chance of having the gene that causes Huntington's disease, a neurodegenerative disorder.

As a student, she wanted to get tested but feared that should she find she had the gene, she would be denied insurance coverage — needed by law for her chosen profession of chiropractor.

But when Stainsby looked into disability and life insurance she was shocked to learn that she would be rejected by Canada's big insurers, unless she confirmed she did not have the gene.

"I was furious," she said. "You can't be discriminated against based on your gender, you can't be discriminated against based on your race. But it's reasonable you can be discriminated against based on your genes? Something you have literally no control over?"

Her father has the gene that causes Huntington's disease, but to this day exhibits no symptoms. Each case is different, depending on the gene's mutation. Since her father worked his entire career and retired healthy, it's likely she would, too, if found to have the gene.

She was able to get a policy with small coverage through an independent insurer — as she only had to tell them that she had no knowledge of personal health issues. They did not ask about family genetic history.

After getting the policy, she felt confident getting tested and found she does not carry the gene. She was then able to get a larger policy.

The insurance industry's stance

The insurance industry generally opposes the Genetic Non-Discrimination Act. Frank Zinatelli, vice-president and counsel for the Canadian Life and Health Insurance Association, said the industry has real concerns about the bill.

The industry fears people will take a genetic test, learn their life expectancy is short and then take out a policy and withhold that information, Zinatelli said. If this becomes a trend, the industry would have to raise insurance premiums across the board.

However, Canada's privacy commissioner's office disagrees. It commissioned research that found that a ban on the use of genetic test results by the life and health insurance industry would not have a significant impact on insurers or insurance markets. Similar legislation — the Genetic Information Nondiscrimination Act (GINA) — is currently in place in the U.S.

However, Zinatelli argues that while genetic information is only used to a small degree today by both the industry and consumers, the industry expects it to be used more so in the future.

On the benefits of genetic testing

"She (a 12-year-old patient) may not have to live with this ... the family wouldn't have to live with the anxiety that she has a very aggressive form of a heart disease."

Dr. Ronald Cohn, co-director of the Centre for Genetic Medicine at the Hospital for Sick Children in Toronto

Senator's bill

- A spokesperson for Minister of Justice Peter McKay said the government will continue to review Sen. James Cowan's bill to ban genetic discrimination.
- He will also encourage the provinces to take steps to protect Canadians from genetic discrimination, as most workplaces fall under provincial labour law.

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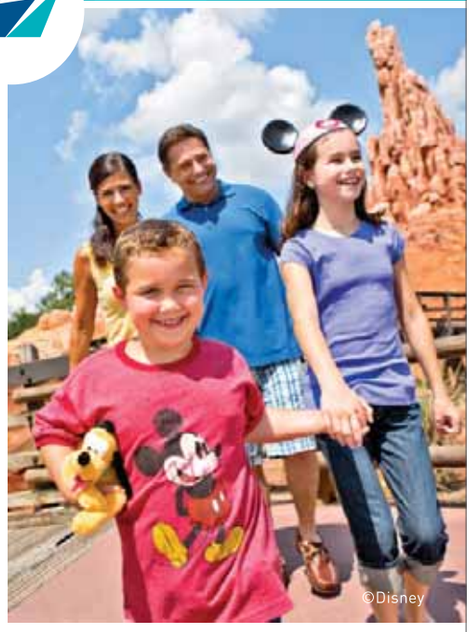

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Jian Ghomeshi faces sex assault, choking charges

$100K bail. Former radio host is charged with four counts of sexual assault and one count of overcoming resistance by choking

Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein, right, at a Toronto court on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

A sombre Jian Ghomeshi stood silently by his lawyer on Wednesday as she told a large crowd of reporters at a Toronto courthouse that the former CBC Radio host would plead not guilty to multiple counts of sexual assault.

The charges — four counts of sexual assault and one count of overcoming resistance by choking — capped weeks of mounting allegations against the once-popular media personality who could now face up to life in prison if convicted.

"We will address these allegations fully and directly in a courtroom," lawyer Marie Henein said just moments after the 47-year-old former host of the radio program Q was released on $100,000 bail.

In the packed courtroom, Ghomeshi looked tired as he sat in the prisoner's box wearing a dark suit with a light shirt open at the collar. He later donned a tie after he was granted bail.

His bail conditions include living with his mother — who was present in court and acted as his surety — no contact with his alleged victims and an agreement to surrender his passport and remain in Ontario.

When asked by a judge if he understood the conditions of his release, Ghomeshi clasped his hands in front of him, nodded slightly and said "yes" and "I do."

Ghomeshi was fired by the CBC after the broadcaster said it had seen "graphic evidence" that he had physically injured a woman. Since then, nine women have come forward with allegations that Ghomeshi sexually or physically assaulted them.

Three of the women filed police complaints — which led to the charges laid Wednesday.

Ontario's premier said that any development that helped victims feel comfortable coming forward was welcome.

"If we can, as a society, make it easier for people to talk about those experiences and then move to action, then I think that's a very good thing," said Kathleen Wynne.

Ghomeshi has admitted in a lengthy Facebook post published on the day he was fired that he engaged in "rough sex," but insisted his encounters with women were consensual.

His next court appearance is on Jan. 8. THE CANADIAN PRESS

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Who said what?

Tories still say Raynolds made offensive remarks

A Conservative attempt to capture a Liberal candidate in a verbal gaffe has taken another twist, with the governing party producing expert audio analysis to back up its version of events.

In a report to the party, given to The Canadian Press, Edward J. Primeau concludes that it was Marlo Raynolds who said the Tory income-splitting plan would give couples with children money that they'd waste. Raynolds was flabbergasted to learn the Conservatives are refusing to back down, even though another person has said he's the one who uttered the remarks. THE CANADIAN PRESS

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He's prepared. MP wears body camera to guard against 'besmirchment'

A Conservative MP issued a bizarre press release Wednesday claiming he uses a body-worn camera to guard against sexual misconduct allegations.

Peter Goldring, MP for Edmonton-East, suggested such cameras can help elected officials "prevent besmirchment when encounters run awry."

"It will not be good enough to simply say that your intentions were honourable and you were just inviting a colleague to your apartment at two in the morning to play a game of Scrabble," Goldring said. "MPs must learn, as I have... that all do not tell the truth. I now wear 'protection' in the form of body-worn video recording equipment. I suggest others do so too."

Peter Goldring
THE CANADIAN PRESS

Calls made to Goldring's office were not returned by press time. **LUKE SIMCOE/METRO**

Ukraine

Canada donating cold-weather gear to Ukrainian army

Canada will send the Ukrainian army more than $22 million worth of cold-weather gear, including jackets and boots, Defence Minister Rob Nicholson said Wednesday.

The donations come from surplus military stocks. The green clothing dates from the late 1990s, a Defence official said. The Department of Foreign Affairs will follow up with an additional $5 million in non-lethal aid in the new year, including a field hospital, tactical radios, night vision goggles and bomb-disposal equipment, Nicholson said. **THE CANADIAN PRESS**

Canadians actually like their commute: Study

Commuters travel on the busy Gardiner Expressway looking east toward downtown Toronto on Sept. 16. DAVID COOPER/TORSTAR NEWS SERVICE

Time to relax, reflect. Many people say commuting improves their mood: report

Canadians actually enjoy their commute and find it relaxing. That's the conclusion of a study released by Toronto ad agency Bensimon Byrne — a finding that runs contrary to the popular vision of commuters as harried and fed up, if not enraged.

"Even more surprisingly, three-quarters of commuters report being in a better mood after their commute," according to the survey conducted for Bensimon Byrne by the Gandalf Group.

Quoted

"The results are an eye-opener."

Max Valiquette, Bensimon Byrne

"The results are an eye-opener and contradict the prevailing narrative of commuting, which is often conveyed as long and negatively affecting our work-life balance," said Max Valiquette, managing director of strategy, Bensimon Byrne.

"In fact, our findings show that having some time to relax and rest, or a few quiet moments to reflect is what makes commuting so important and desirable."

The online survey questioned 1,500 people in various regions of Canada, with an oversampling of commuters in the Greater Toronto Area.

Commuters in the GTA were less likely to be in a better mood after their commute (72 per cent) relative to the national average of 77 per cent, the survey found. And 16 per cent of respondents in the GTA dreaded their commute, versus the national average of 11 per cent. **THE CANADIAN PRESS**

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Bob McCulloch. Prosecutor faces renewed criticism

He criticized the media. He talked about witness testimony that didn't match physical evidence. And he did it at night, as a city already on edge waited to learn if a grand jury would indict a white Ferguson police officer in the shooting death of an unarmed black 18-year-old.

St. Louis County Prosecutor Bob McCulloch — whose impartiality has been questioned since soon after Michael Brown was killed by Officer Darren Wilson on Aug. 9 — has come under renewed scrutiny since he appeared before television cameras to announce that the grand jury would not indict Wilson. A defensive McCulloch repeatedly cited what he said were inconsistencies and erroneous witness accounts. He never mentioned that Brown was unarmed.

St. Louis County Prosecutor Bob McCulloch THE ASSOCIATED PRESS

Attorneys for Brown's family and activists said Tuesday that everything from how evidence was presented to the grand jury to the way McCulloch delivered the news of its decision bolstered their belief that the outcome was predetermined by McCulloch, who has deep family roots and relationships with police.

"This grand jury decision, we feel, is a reflection of the sentiment of those that presented the evidence," Anthony Gray, an attorney for Brown's family, said at a news conference.

Activists and Brown family attorneys had asked McCulloch — whose father, a police officer, was killed while responding to a call involving a black suspect — to appoint a special prosecutor. THE ASSOCIATED PRESS

Ferguson looks for calm after 2 nights of unrest

Hopes for return to normalcy. Wilson breaks long public silence

Body found in car

St. Louis County police say that a 20-year-old man whose dead body was found inside a car in Ferguson, Missouri, after riots erupted had been intentionally set on fire. An autopsy determined that he was shot once in the head.

Business owners and residents boarded up windows and cleared away debris Wednesday as Ferguson sought a tentative return to normal after two nights of unrest over a grand jury decision's not to indict a police officer in the shooting death of an unarmed black 18-year-old.

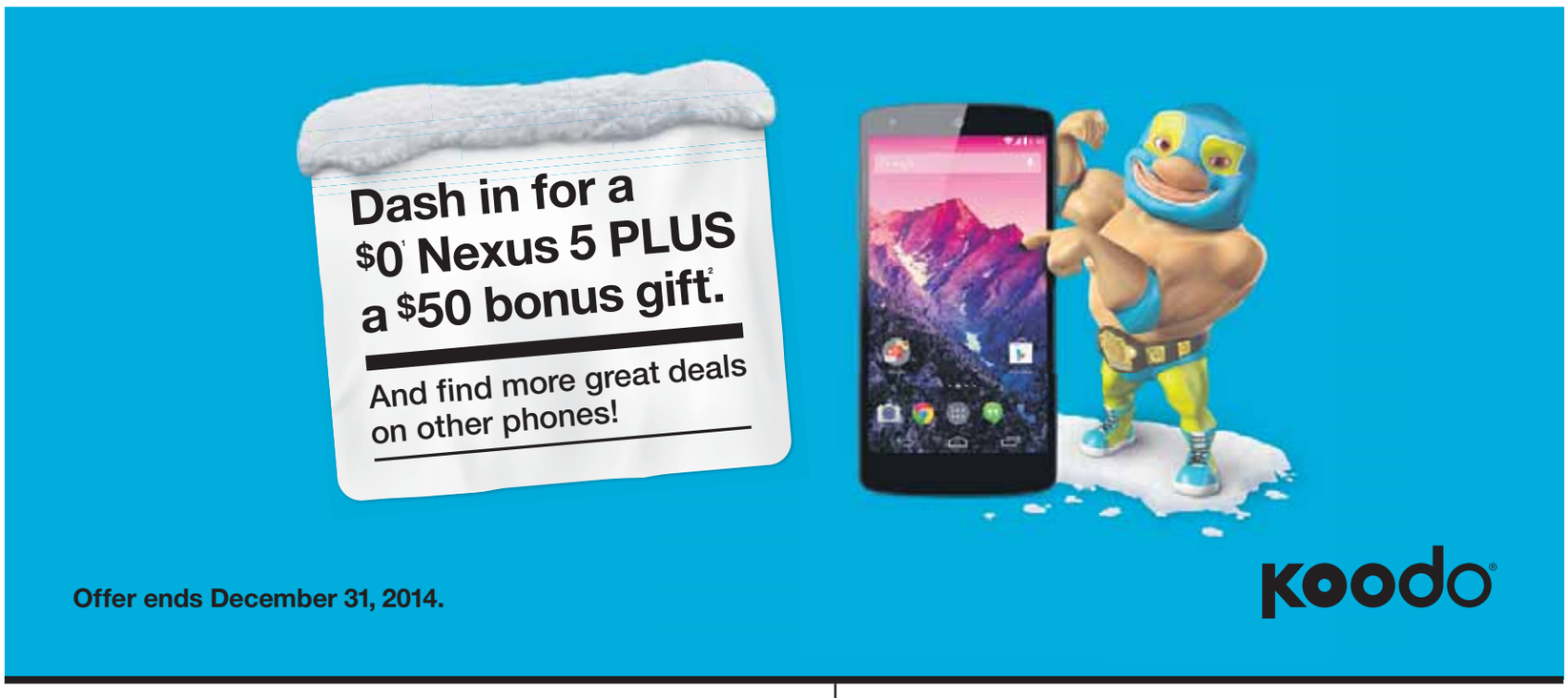
Protesters continued to hold scattered demonstrations, including a group that rushed into city hall in St. Louis, the city neighbouring Ferguson, screaming "Shame, shame." Police locked down the building and called in more than a hundred extra officers. Three people were arrested.

About 200 demonstrators marched through downtown St. Louis and held a mock trial of Darren Wilson, the white police officer who shot and killed Michael Brown during an Aug. 9 struggle.

The racially charged case has stoked passions nationwide, triggering debates over the relationship between black communities and law enforcement. Since the grand jury's decision was announced Monday night, protesters in cities throughout the country have rallied behind the refrain "hands up, don't shoot," and drawn attention to other police killings.

As the tension in Ferguson eased somewhat, Wilson broke his long public silence, insisting on national television that he could not have done anything differently in the Aug. 9 confrontation. The officer testified during the grand jury hearings that he felt threatened and that Brown tried to grab his gun, something the Brown family has said they don't believe. THE ASSOCIATED PRESS

Snow falls as Missouri National Guard stand outside of the Ferguson Police Department Wednesday in Ferguson, Mo. JEFF ROBERSON/THE ASSOCIATED PRESS



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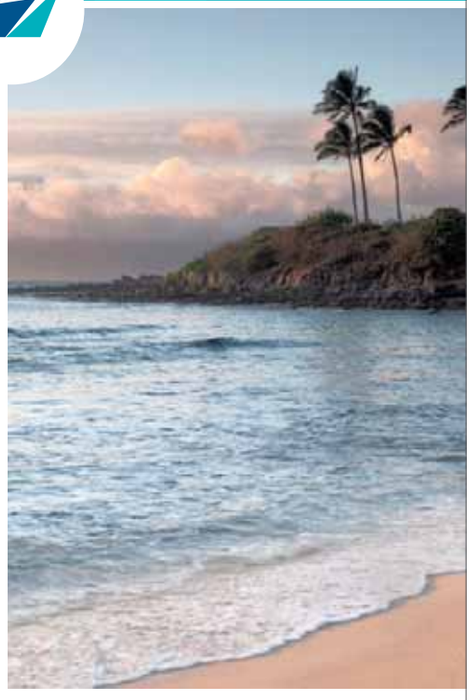

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Overhaul tax system: Report

C.D. Howe Institute. A revamp of Canada's system would create fairness, argues paper's author

A new research paper for the C.D. Howe Institute says Canada can help combat rising income inequality by taxing people separately for their paycheque and investment income.

The paper's author says applying a flat rate on investment income would create fairness by closing legal taxation-avoiding tactics — mostly used by higher-income earners.

Kevin Milligan of the University of British Columbia also recommends adding a tax bracket for annual incomes of $250,000 and perhaps another one at $400,000.

Milligan says the changes could open the door to other reforms on consumption taxes, environmental taxes and corporate taxes — which could help promote economic growth.

He says Canada's income-inequality gap has widened considerably over the past 30 years, even though it hasn't kept pace with the divide in the United States.

Still, he says over that period Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth.

THE CANADIAN PRESS

Rich get richer

150%

The paper's author says over the past 30 years Canadians in the top 0.01 per cent of earners have seen their incomes rise by 150 per cent, while those in the bottom 90 per cent have only seen eight per cent growth

Thanksgiving in England

Danny Lidgate displays a turkey at his butcher shop in Holland Park in London on Tuesday. Plump turkeys in butcher-shop windows. Harvest displays of pumpkin and corn. Sandwich boards describing groaning feasts. Thanksgiving isn't a holiday in Britain, but you might be forgiven for being fooled. It's not hard to find someone to talk turkey, never mind sell you one. That's because there are so many Americans in Britain these days that dozens of businesses have started selling the goods they need to celebrate.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Ad. Thailand tries reverse psychology to get tourists

It's been a bad year for tourism in Thailand, and at first glance it looked like a new YouTube video was adding to the misery.

The video called I Hate Thailand drew more than a million views within days of being posted last week.

But it turns out the clip was produced by Thailand's tourism authority, using a strategy of reverse psychology to attract tourists after the country's image was battered by a military coup in May and the brutal murders of two British tourists on an idyllic beach in September.

The five-minute video shows an angry British tourist on a beach. He introduces himself as James and says his bag was stolen. "I hate this place. I hate Thailand," he tells a handheld camera. After mouthing off to a policeman, he meets an attractive Thai woman and finds reasons to like Thailand.

THE ASSOCIATED PRESS

Had forecast a loss

Canada Post on track for profit

Despite more people still choosing email over snail mail, the Canada Post Group of Companies says it's on track to earn a profit this year, defying an earlier forecast for a multimillion-dollar loss.

The Crown corporation said it earned $84 million before tax for the first three quarters of the year, driven by its parcels business and higher stamp prices. In its 2014 corporate plan, it had projected that it would lose $274 million before taxes for the year. THE CANADIAN PRESS

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VOICES

IT'S NOT ABOUT GHOMESHI

Metro's Kristen Thompson wishes we weren't talking about the disgraced radio host facing criminal charges, either. But to not talk about it is to ignore the countless victims of sexual assault that need us to keep the conversation going

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Police try to clear a path as Jian Ghomeshi makes his way through a mob of media to a waiting vehicle at a Toronto court Wednesday.
NATHAN DENETTE/THE CANADIAN PRESS

Let me inundate you with more Jian Ghomeshi analysis, because I think it's important. In fact, I think it's a matter of life and death. Before you turn the page, hear me out.

Ghomeshi has been charged and the case is in the courts, but this isn't the time to turn our backs on the story.

If we do so, it will end an important dialogue about sexual violence, and that puts women in danger.

Dalya Israel, manager of victims services at Women Against Violence Against Women, a rape crisis centre in Vancouver, agrees.

High-profile cases of sexual assault are an opportunity to talk about what constitutes consent, and to educate men and boys about what it means to value another human being as equal, Israel said. Because of this, it's imperative to keep the discourse going.

For the women who have accused Ghomeshi of assault — especially those who may have to testify — these charges also signal the start of another chapter, one that can be hugely painful.

Victims of sex assault, who may have already told their story to police and their lawyer, may also have to testify at a preliminary inquiry and then in court, re-living their experience over and over for what could be months or years.

With women's sexuality already being highly scrutinized in our society, having it analyzed and questioned in court, and — in high-profile cases — in the media, is humiliating and degrading, said Israel.

"It's incredibly difficult to have to re-tell and talk about all of the fine details," she said.

Fear of humiliation and being re-victimized through the legal process is why Israel said around 70 per cent of women she works with don't want to go to police. Some general statistics would place that number even higher, at around 90 per cent.

These people often face depression and thoughts of suicide.

"There are many, many women that absolutely don't want to go through the process and feel like it would be way worse than just healing from the assault," she said. "But there are equally women that … want to be able to tell their truth in court and want somebody to know what this person has done to them.

"I think we've kind of seen that with … what's going on in the Cosby case," she said.

Israel said it can be validating for some women to know others have come forward.

"Some women feel like finally (they) don't have to keep a secret anymore."

So if you're sick of hearing about Ghomeshi, stop and think about why we're being oversaturated with this story.

It's not about Ghomeshi; it's about sexual violence.

And if we close the door on this story, we close the door on victims of assault.

Not everyone wants to report

"There are many, many women that absolutely don't want to go through the process."

Dalya Israel, rape crisis centre manager

Watershed moment won't come, but change is happening

EDWARD KEENAN
readers@metronews.ca

We believe you. We believe you. We believe you.

It's a message that has grown into a mantra in the court of public opinion over the past month, expressed in sadness and anger, in support of the women who have spoken about being allegedly sexually and physically abused by Jian Ghomeshi.

At the same time, it has suddenly become the message to women, ignored for years when they talked about being drugged and raped by Bill Cosby.

It was the message Justin Trudeau seemed to want to convey in expelling two members of his caucus over reports from women who are members of a different party.

Yesterday the police delivered the same message to three of the women who formally reported their stories about Ghomeshi:

We believe you.

The stories of these women have seized the consciousness of the moment. It seems possible to imagine that perhaps the same message will carry to every woman who is raped, assaulted, or harassed; to every victim of sexual abuse with a story she's been afraid to tell: We will believe you.

Or perhaps it has just become possible for many to allow themselves to hope for it.

My friend Denise Balkissoon wrote a column last month for the Globe and Mail that read like a rhetorical flamethrower incinerating any sanctimonious talk of "watershed moments" or cultural breakthroughs when it comes to violence against women.

She had reported domestic abuse to the police, saw the perpetrator sentenced to probation, and found the reporting process "essentially useless and thoroughly disappointing."

I hear and understand Denise. More than that, I believe her that we should resist the impulse to congratulate ourselves on reaching the promised land of wisdom and sensitivity. It's not a watershed.

But it is something. Something is shifting. It feels real.

There's a conversation going on, one that feels like progress.

It's not enough, and it will not suddenly and permanently transform the culture. But it feels like a crack has opened up in the understanding of many people. Including me.

As a man, a father, a citizen, a human being, I hope it is the start of something sustained, a longer process to better understanding, better treatment of each other, better lives.

There likely is no "watershed moment" to be had, because such societal changes are a gradual process.

But this month, leading up to the arrest of Ghomeshi this week, marks some kind of milestone in that process in Toronto and in Canada.

A time when many women started feeling more comfortable — or more compelled by anger — to talk about their experiences.

And when many of us were shocked into hearing them when we had been negligently deaf for years.

Here's a prayer offered in hope rather than expectation: Let "we believe you" become our response to any woman who tells us about how she has been hurt.

And then let us make real changes to our attitudes, behaviour and institutions so that fewer women have such stories to tell.

Progress

It feels like a crack has opened up in the understanding of many people. Including me.

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It's lonely being out at the game

Memoir. Robbie Rogers shares what it's like to be an openly gay pro athlete in the U.S.

Los Angeles Galaxy soccer star Robbie Rogers wants some company, now that he's the last man standing as an openly gay athlete in a U.S. professional league.

Jason Collins recently retired from the NBA, and Michael Sam is without an NFL team. That leaves Rogers, the first openly gay player in Major League Soccer, hoping for a bigger fraternity.

"To be honest, I thought when I came out and Jason and Michael, I thought there'd be a chain reaction," Rogers said in a recent phone interview. "It's been a lot slower. I guess that just reminds me how big a problem it is in sports culture with homophobia. They don't feel comfortable."

Rogers chronicles his struggles with soccer, faith and family acceptance in the memoir Coming Out To Play, released this week by Penguin Books. It's a collaborative effort with Eric Marcus, who co-wrote Greg Louganis' book, and recollections from his mother and oldest sister. Rogers discusses growing up in Southern California, playing soccer in U.S. and European leagues and dealing with his sexuality.

On Sunday, he helped the Galaxy defeat Seattle 1-0 in the opener of the Western Conference finals. He's been a key defender this season after briefly retiring from the sport last year at age 25.

Robbie Rogers simultaneously came out and retired from pro soccer in a blog post in February 2013, thinking he couldn't be an openly gay man and pro soccer player. He has since returned to playing soccer. GETTY IMAGES

Rogers recently signed a contract extension, and the Galaxy players have embraced him. But locker rooms notoriously weren't a safe environment to talk about sexuality, except for teammates bragging about their heterosexual conquests.

"Like every locker room I'd been in for years now, 'fag' and 'gay' were tossed around like an all-purpose putdown," he wrote.

"It cut deeper into an already raw wound."

So Rogers stifled his feelings, occasionally dating women to please his questioning teammates and family. After playing five seasons for the Columbus Crew in MLS, with stints in the Netherlands and England, he realized his happiness required living an authentic life. So he simultaneously came out and retired in a blog post in February 2013, thinking he couldn't be an openly gay man and a pro soccer player.

But an outpouring of support, conversations with Los Angeles star Landon Donovan and an invitation from Galaxy coach Bruce Arena to train with the team caused a change of heart.

Now the Galaxy are vying for a spot in the MLS final, Rogers is in a steady relationship and hoping more pro sports leagues provide education about diversity. That way, a teammate might think twice before throwing around gay slurs in the locker room.

Comfort zone

There are currently no openly gay players in the NFL, NHL or Major League Baseball. "There are a number of gay men playing professional sports, just not out," Rogers says. "In the end, it's really about guys coming out and changing the atmosphere by being in it. You definitely need to create the environment first where guys feel comfortable."

Baseball hired Billy Bean, who came out after his MLB career, to talk to all 30 teams about inclusion. Rogers says teams need to educate players on "racism, sexism and homophobia. The leagues should have a person there guys can go talk to, honestly. Talk about mental health or depression or guys wanting to come out."

Family/faith

Rogers heard negative comments about gay people at home, church, school and in the locker room. He considers his family "socially and politically conservative and very Catholic." Rogers says his family is loving and close, yet there were harsh comments from his father about not being a "fairy" and negative comments from his mother about gay celebrities and gay marriage.

"Growing up, I heard and saw plenty that made me think that being gay was bad, defective and sinful," Rogers wrote.

He came out to his family, despite the fear of rejection, before posting his blog. Now he says his parents, three sisters and younger brother are his biggest supporters.

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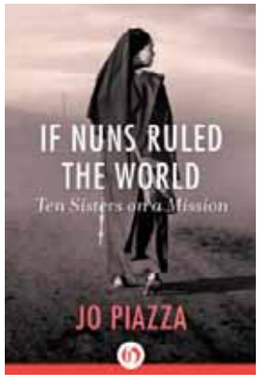


Author looks beyond the Sister act

Books. From running colleges to hospitals, nuns were the first feminists, says author who researched them

LAKSHMI GANDHI
Metro in New York City

Since the release of If Nuns Ruled the World: Ten Sisters on a Mission this fall, author Jo Piazza says she's received a new note from a different Catholic nun nearly every time she checks her email.

"It's a lot of 'Thank you for telling this story that hasn't been told yet. Thank you for acknowledging us,'" says Piazza, whose book was recently featured at a literary salon hosted by the New York Foundling and author Aidan Donnelley Rowley. "And that's the part that sort of breaks my heart."

The author says that travelling with, and getting to know, each of the 10 sisters she profiles in the book taught her just how misunderstood and stereotyped nuns were, by both the Catholic community and the general population.

"I'm a very healthy and open-minded agnostic," says Piazza, who attended Catholic schools growing up. "I think I love the nuns so much because they don't wear their religion on their sleeves, they just practise it."

Piazza shared some of the other things she learned while writing the book.

Nuns are not meek

When you think of a Catholic nun, you probably don't picture a woman who volunteers as an abortion clinic escort or a woman in jail for protesting against nuclear weapons.

But those are just two examples of the women Piazza met with while writing her book. "These are the women who are the very first feminists," says Piazza. "They were running colleges, they were running hospitals. They have amazing careers."

Nuns are not just teachers

Piazza says she hears all the time from former Catholic school students who complain about the times they were hit with rulers in class.

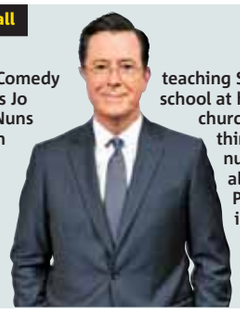
"It's mostly men that say that, too. And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?'" she says. "That's one of the myths about nuns that people like to say. And it's not true; it's a stereotype. All of the nuns I know are just loving, dynamic women."

Quote

"It's mostly men that say (they were hit with rulers in class). And then I just say, 'Did you deserve it? You probably were a little jerk, weren't you?'" Author Jo Piazza

After getting to know the 10 sisters she profiles in her book, author Jo Piazza says nuns are misunderstood and unfairly stereotyped by society. ISTOCK

Colbert and baseball



Nuns love a certain Comedy Central star, confirms Jo Piazza, author of If Nuns Ruled the World: Ten Sisters on a Mission. "Nuns love Stephen Colbert," she dishes, which should be no surprise, since the late-night host is well-known for teaching Sunday school at his local church. Other things the nuns raved about to Piazza include red wine, cats and baseball.

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Reg. $599.99

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Reg. $79

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CALVIN KLEIN sweat pants.
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Coats and jackets by NOVELTI and LONDON FOG
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LONDON FOG 33" multi-quilt down and faux fur jacket.
Reg. $290 **Sale $145**

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HUDSON'S BAY

TOPMAN

Prince has closed his Twitter and Facebook accounts. AFP

Music. Prince vanishes from social media sites

Prince, whose distaste for the music industry's conventions is well known, has abruptly disappeared from social media after tentative efforts to promote his two new albums.

The star's Twitter and Facebook accounts have both disappeared and almost all videos from his official account had been taken off YouTube. He offered no explanation.

But his two latest albums, which he released in September, remained on the streaming service Spotify.

The move puts Prince at odds with most musicians, who consider social media a virtual obligation to fans.

Several stars — most famously Taylor Swift — have criticized Spotify, accusing it of insufficient payouts to artists, but have invested sustained energy in Facebook, Twitter and YouTube.

Prince used social media to promote the latest two albums but had barely disguised his lack of enthusiasm. He advertised a Facebook question-and-answer session after he joined the site but, after hours of queries, he responded to just one — an esoteric matter about audio tuning — by offering a link to an article. AFP

Movies

Ridley Scott won't direct Blade Runner 2

Although Ridley Scott is still producing the sequel to his 1982 Blade Runner film and working on the script, someone else will direct it, he tells Variety. Busy with Prometheus, The Martian, his Ebola-themed TV project and his production activities, Scott had to make a choice. He also confirmed that Harrison Ford will once again take the role of Rick Deckard, although he won't lead the cast. Since the film will follow a three-act storyline, the filmmaker explained: "Harrison is very much part of this one, but really it's about finding him; he comes in in the third act." AFP

Ridley Scott. CONTRIBUTED

Film

Michael Keaton CONTRIBUTED

Birdman tops Independent Spirit nominees

Surreal theatre drama Birdman starring Michael Keaton topped nominations for the Independent Spirit movie awards announced Tuesday, with nods in six categories. The Spirit awards, which aim to honour excellence in independent film, will be handed out on Feb. 21. Birdman, about a former superhero movie star attempting to resurrect his career on Broadway, was nominated for best feature, best actor, best supporting actor and actress, best director and best cinematography. The other nominees for best feature were Boyhood, Love is Strange, Selma and Whiplash. AFP

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Analysis

Jaden Smith GETTY IMAGES

The wit and wisdom of Jaden Smith

To celebrate Thanksgiving in the U.S., we're going to overdo it with the wit and wisdom of the incomparable Jaden Smith. Here, some of his best work:

@officialjaden
I Don't Want You Guys To Think Because I Was Born In America That I Speak And Abide By English Grammar. I Speak Jaden, Indefinitely.

@officialjaden
I've Bin Drinking Distilled Water For So Long That When I Drink Normal Water It Feels Like I'm Swallowing Huge Chunks Of Aluminum.

@officialjaden
Every 7 Years Your Body Is Completely Replaced With Entirely New Cells So Just Because You Look The Same Doesn't Mean You Are.

This week in Friends reunion denials

It's become apparent that part of being in the cast of Friends means fielding questions about a theoretical reunion at every single interview, as Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matthew Perry, Matt LeBlanc and David Schwimmer are learning. OK, maybe not so much Schwimmer because no one's been interviewing him lately, but still. As Graham Norton recently asked Jennifer Aniston, "Do you and the other Friends just think, 'Why don't we just do the reunion so people will stop wanging on about it?'" — which is clever, but still a way of wanging on about it. So, what do the latest crop of denials — or the opposite — look like? Here you go:

NED EHRBAR/METRO IN HOLLYWOOD

Jennifer Aniston

"I say we just wait until we're really much older and be just Golden Friends because then you wouldn't have the comparisons like, 'Oh, look at Joey. What happened to them?'" Or: "Oh no, dead Friends. Then we'll know that there's no reunion to have."

Courteney Cox

"It's not going to happen. Let me tell you something: There's six Friends, and I've been trying to put together a cast dinner for 10 years. It doesn't happen! I can get the girls to come, maybe Matthew Perry. Matt LeBlanc cancelled last time right at the last minute, Schwimmer lives (in New York City), so it's just not gonna happen."

Lisa Kudrow

"I'll go for it. A whole season, because to spend that much time with those people again would be heaven."

Matt LeBlanc

"I'm not tired of getting asked that question at all. As far as a reunion project, that's just not in the cards ... I think it's best to imagine what those characters are doing now versus to see those characters. No one wants to see us in our 40s. Joey's still struggling as an actor. It'd just be sad."

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SHOPPERS DRUG MART

The Daily Dish

WIFE GOES OUT OF HER WAY TO SAVE TIME

According to Amanda from British Columbia, after trying OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks, her family is so in love with its time-saving benefits and cleaning power that "we now make a special trip"* when they need to get more. Clearly for this woman, even special trips mean saving time on dirty dishes, and spending time with the family. You go, girl.

*"We now make a special trip..."**
— Amanda, Fernie

Soup ladle's dirty past tied to old detergent

After a lifetime of neglect, a soup ladle's owner, Monique, has finally revealed why it has constantly felt dirty over the years, The Daily Dish reports. Her old dishwasher detergent seems to be the culprit. New OxiClean™ Dishwasher Detergent Paks heard about the story and came to the rescue. Since then, she has told us, "the results were remarkable."*

*"...the results were remarkable."**
— Monique, Scarborough

TEENAGER DOES DISHES. MOM IN SHOCK.

An astonishing turn of events unfolded as one mother came home from work to find her dishwasher completely empty. Authorities were called to the scene, but after interviewing her teenage daughter, they soon discovered the dishes neatly stacked in their respective cupboards shortly after she arrived home from school. In a statement from the daughter, she claims having the convenience of OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks made it "no biggie." A student of complex algebra, it appears she's discovered the equation to her mother's heart.

*All stories depicted within this advertisement are fictional in nature. *Quotes are from real consumer reviews submitted for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks on ChickAdvisor.com as of November 3, 2014. Reviewers received free product sample.*

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95% OF CHICKS DIG IT†
ChickAdvisor.com

†Source: ChickAdvisor.com reviews for OxiClean™ Extreme Power Crystals™ Dishwasher Detergent Paks. Percent of chicks who "dig it" as of November 3, 2014. Reviewers received free sample.

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Winter's hottest fashion trends

The cold winter season has declared its arrival, but there's no shortage of must-have new trends to keep you looking chic all season long. We asked two of New York City's top fashion bloggers to break down the looks you need to get your hands on now.

METRO NEWS IN NEW YORK

Oversized coats and pastels

Many of the leading looks this winter are all about length. Case in point: dramatically oversized coats paired with mini-dresses and above-the-knee skirts — an unexpected look for the winter season.

"It's a big surprise when you think about the colder months," says fashion blogger Chanel van der Meijden of Cocorosa.

Also going strong in outerwear is the pastel-coloured coat. When it comes to bundling up, shades of soft pink and baby blue are all the rage.

Forever 21 Textured Longline Coat, $72, forever21.com

Banana Republic Teddy Coat, $275, bananarepublic.ca

Above-the-knee boots

Playful lengths are also extending to footwear. Hot this winter are thigh-high, over-the-knee boots. A unique spin on the look takes the form of flats, says Framel.

"We're so accustomed to seeing the over-the-knee, high-heel, slightly sexy version," she says. "A flat boot is especially fresh, like the coolest interpretation this season."

Military-inspired shoes are another look to invest in. Boots with lots of buckling details and hints of that signature olive green are particularly popular. If it's a more feminine look you're after, booties are a dainty alternative.

"Another shoe trend that totally excites me is the kitten-heeled, pointed-toe, lace-up bootie," says van der Meijden.

Clarey Over-the-Knee Boots, $239, guess.ca

Frye Melissa Over-the-Knee Boot, $648, thebay.com

Knits, knits, knits

One of the strongest looks this winter is knitwear. On the runway, this includes head-to-toe knit suits and trousers. The trend is really all about size, also taking the form of chunky woven sweaters and bulky knitwear tops.

"The way it's being translated (from the runway) is really big, oversized sweaters and extreme turtlenecks," says Kelly Framel, creative director of the wildly popular site The Glamourai. "Everything this season is just so big, so extreme — they're almost dresses."

Julia Titika Activewear Sweater, $72, titika.ca

Big ol' earrings

It's official: Big earrings are back. While the trend for the last few seasons has been more about refined, delicate jewelry, be prepared to see more big-statement pieces this winter.

"The fashion version of that is to wear only one (earring) and to wear the biggest earring possible," says Framel. "But in general, these chandelier and interesting statement earrings are definitely coming back."

Translation? Big, glitzy earrings perfect for the holidays.

Modern Flapper Drop Earrings, $34, urbanoutfitters.com

H&M Earrings, $19, hm.com

Canadian street style

Spotted in: Toronto

Name: Lindsey

Age: 20

Occupation: Marketing Co-ordinator

What she's wearing
Jeffrey Campbell shoes, Zara tights, Calvin Klein blouse, Ganni jacket, and her Oma's hat.

Her inspiration
"I like clothing that transitions well from day to night. Comfort is also very important to me. If it feels like I am not wearing clothing, it's a good thing."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION, TOO!

Trends Report

I've always followed this rule about wearing makeup: If you go bold with the eyes, then go nude on the lips to balance out the look. But is it time to unfollow this rule? Go online to Trends Report and let me know what you think of the bold-on-bold makeup trend.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene
- **Photo** Kylie Jenner at the AMAs. Getty Images

metro
BLACK FRIDAY
Thursday, November 27, 2014

Historically an American shopping holiday, Black Friday has grown in Canada the past few years. BERNARD WEIL/TORSTAR NEWS SERVICE

Forget Boxing Day, this is the real shopping day

Start your wallets. In the minds of Canadian Shoppers, Black Friday is second to none for best deals

A crowd of shoppers waits outside the Target store in Lisbon, Conn., ahead of Black Friday. SEAN D. ELLIOT/THE DAY/THE ASSOCIATED PRESS

VAWN HIMMELSBACH
For Metro

Is Black Friday the new Boxing Day? The shopping holiday from south of the border is, for the first time, winning over Canadians.

Thirty-three per cent of Canadian shoppers expect to find the best deals on Black Friday, while the same number expect to find the best deals on Boxing Day, according to Accenture's 2014 holiday shopping survey. This is a significant shift from last year when only 22 per cent of Canadians expected to find the best deals on Black Friday.

While Black Friday may have started out as a novelty, it "snuck up on us," said Kelly Askew, managing director of strategy with Accenture Inc., a global consulting company.

"We've been watching the importance of Black Friday climb year over year," he said. "This is the first year Black Friday is as important as Boxing Day in the minds of Canadians. If this trend continues we'll start to see less and less focus on Boxing Day."

The survey found that 61 per cent of Canadians plan to shop on Black Friday — a trend largely driven by younger shoppers (81 per cent of those aged 18 to 24 will hit the shops on Nov. 28).

There's also a move away from cross-border shopping, said Askew. This is, in part, due to the weakening loonie, which is making those U.S. deals a little less attractive. But it's also because Canadian retailers have started to take Black Friday more seriously.

"It's not just a couple of items on sale. (Retailers) are putting a big mark on their planning calendar," said Askew.

"It's kind of a perfect storm for Canadian retailers," he said. "They're seeing a heightened interest in Black Friday ... and Canadians say they're going to shop domestically."

And, on average, Canadians plan to spend $250 more than they did last year during the holiday season.

"They need to be ready for that crush," said Askew. "The last thing retailers want is to have people walking out the door or dropping off the website in frustration because they may not be able make the purchase," he said. After all, they can always come back on Boxing Day.

"The question is always: Is it going to be a better deal on Boxing Day when retailers don't have as many prospects of selling?" said Maureen Atkinson, senior partner at J.C. Williams Group, a retail consulting firm.

When Black Friday first came to Canada, she was sceptical. "Black Friday has a meaning in the U.S.," she said. "For Canadians it doesn't make as much sense because it isn't a holiday."

Black Friday follows American Thanksgiving, when most retailers in the U.S. offer promotional sales to kick off the holiday shopping season.

Many Americans have the day off (or take it off, since American Thanksgiving always falls on Thursday).

In 2008, several large Canadian retailers started offering Black Friday deals, mainly to discourage cross-border shopping.

But the shopping holiday finally appears to be catching on here — perhaps because retailers no longer have to wait until Dec. 26 to find out if they'll meet their annual revenue goals. If they have a stellar Black Friday, it takes the pressure off Boxing Day, said Askew.

Canadian shopping trends

- Canadian consumers like to pre-shop on their smartphone or tablet in preparation for Black Friday, said Jennifer Lee, senior retail leader with Deloitte Canada.
- About 38 per cent of Canadians plan to pre-shop before Black Friday, according to Deloitte's 2014 Holiday Retail Outlook.

Black Friday survival guide

Essential tips for shoppers. Get home with both wallet and sanity intact

KEITH CARMAN
For Metro

Black Friday. The day after U.S. Thanksgiving marks the beginning of the Christmas shopping season and yields promotional sales of unheralded savings.

Over the years, Black Friday has seen its share of sore thumbs unable to play nicely but, all-in-all, the combination of holiday cheer, specials and take-home goodies brings smiles to even the biggest Grinches. It's no wonder retailers are literally bombarded with shoppers fighting — figuratively and occasionally literally — to spend.

Due to these throngs of people battling for limited stock, one is best-served to prepare for a sales event spanning two countries and hundreds of stores. Here are a few simple strategies to get ahead of the the retail game.

Strategize

It may seem obvious but as body-crushing crowds at past Black Friday events have proven, it pays to plan ahead. Look through flyers. Go in early and find out where items are located in the store.

Pick a few "essentials" and head straight for them as opposed to overextending, risking getting lost either in-store or amongst the sea of others looking for their own deals. If you are going to make the most of Black Friday, this is a mission; a stakeout, not a simple hunt-and-peck for a good deal. Everyone else will most likely have thought ahead. So should you.

Pack light

This foray is equal parts sprint and marathon. While the inclination might be to prepare for a cold wait outside of stores in order to secure a jockeying position, one runs the risk of being bogged down by non-essentials. Is that second tablet really necessary? It might take up vital space or, worse yet, slow one down when scurrying through the isles to hunt down that incredible smart television deal. Moreover, hauling more possessions simply means more weight.

Get help

Bring a second — or third — set of hands.

If carrying everything but the kitchen sink is vital to maintaining happiness before the "go" moment, have other bodies manage junk. Bring non-shoppers along to courier the camping setup back to the car and hightail it into the store to steer carts.

Family first? Maybe not

To that extent, while loved ones can be a wonderful tool at helping to haul, keeping eyes on your path, their whereabouts and specials can prove taxing.

When possible, any high-maintenance family are best-served (as are you) keeping away. Do everyone the favour: Make it a holiday for them, staying at home while you frolic amongst the aisles.

"You don't always know what to expect from other people," said mother Heather Ostrander, 39. "You may have the best intentions at perusing some specials but others can be pretty heavy-handed about their goals. I'd rather keep my son away from potential grumps and pick up whatever we're really looking for."

Don't let shopping knock you off your feet. SHUTTERSTOCK

Bring an army

Bring a second — or a third — set of hands. If carrying everything but the kitchen sink is vital to maintaining happiness before the "go" moment, have other bodies manage junk.

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Vancouver
1641 Commercial Dr, Unit 105
6330 Fraser St
Harbour Centre
Tinseltown

New Westminster
Westminster Centre

Authorized Dealers

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Mobo Electronics:
Madison Centre,
1899 Rosser Ave
PH1 Technology:
4501 North Rd, Unit 208
Cellular Baby:
Metropolis at Metrotown

Richmond
Cellular Baby:
Richmond Centre

New Westminster
MVP Electronics:
807 Carnarvon St.
All Price Computers:
Unit 247, 6th St.

Port Moody
iBay Communications:
2929 St. John St, Unit 2

Vancouver
Leading Age Computer & Electronics:
3399 Kingsway
DVD Palace:
3223 Kingsway

Kingdom Photo:
3263 West Broadway
My Convenience Store:
450 W. Hastings St
Green Cartridge:
740 East Broadway
Ink City:
2294 East Hastings St.

Mobile Republic:
665 Robson St
1238 Robson St

Surrey
Freedom Wireless:
7028,120th St Unit 210
Surrey Wireless:
9536 120th St
Ariana Wireless:
10729 King George Blvd.

B4U Video:
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Set the scene for entertaining

It's going to be a busy month of cocktail parties, dinners and gift exchanges, so you may as well do it with style. Here are some home-entertaining essentials to help get you through the holiday season

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Put all your ice in one bucket

No more filling the bathtub with ice to chill your bottles. From serving bubbly to holding a modern flower arrangement, this one does it all. Kate Spade New York's Two of a Kind ice bucket, $89, TheBay.com.

Nothing but the wild, wild best for your guests

Add some festive Cartier-chic to the powder room with the look of linen. Wild Christmas 16-count Paper Guest Towels, $9, BedBathAndBeyond.ca.

Go on — fly your neat-freak flag

Put an end to that pile of black coats being thrown on the bed. Dark Wood Suit Hangers, 60-pack, $75, Walmart.com.

Always a glass act

Class things up a bit: It's glass over plastic — always! Champagne glasses, $2, Dollarama.ca.

Tray magnifique

It's a satellite serving bar, handy side table or sparkly multi-candle display pedestal. Giles Tray Table, $229, UrbanBarn.com.

Balsam bouquet

Create the smell of an enchanted forest with the evergreen scent of Fraser fir, crushed balsam needles, spruce, cedar and holly. Royal Forest Candle, $24, Crabtree-Evelyn.ca.

ALL PHOTOS: CONTRIBUTED

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METRO SPACES

BIG style in small spaces

For the holiday season

Smaller dwellings may pose design dilemmas, but living in a condominium, townhome, or apartment doesn't mean you have to forgo festive holiday decorating.

There are many creative ways to bring the holiday spirit into your small space. ick Malone, the seasonal living merchandising director with Lowe's Home Improvement, encourages us to use unexpected surfaces and areas to create a big impact.

XXX-PHOTO-CREDIT-XXX

"Every home has great potential for festive decorating, no matter the size," he says. "You just need a bit of imagination to create a happy and inviting place that showcases your personality and holiday spirit."

Malone shares the following tips for decorating small spaces during the holidays:

• Dangle colourful ornaments and mistletoes on your ceiling, above windowsills and doorways;

• Drape evergreen or shimmering tinsel above frames or on top of shelves;

XXX-PHOTO-CREDIT-XXX

• Brighten hanging pictures by swapping the current image with ones that capture special holiday moments;

• Cluster tabletop decorations or candles on your coffee or entrance table;

• Swap existing accent pillows, throws and linens with ones that are holiday themed;

• Hang wreaths and garlands on walls, window wells and large frames or mirrors;

• String lights along a hallway or on a wall.

For those insistent on adding a Christmas tree, there are many options and sizes available from miniatures, to tabletop versions, or a variety of slim trees.

– News Canada

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LAST CHANCE

TO OWN A CONDO IN KENSINGTON-CEDAR COTTAGE

CONTRIBUTED PHOTOS

The chance to own in one of Vancouver's best growth neighbourhoods is quickly disappearing.

Kensington Gardens, a new master-planned development, is a unique opportunity to own a new condo in Vancouver's up-and-coming Kensington-Cedar Cottage neighbourhood — and its presentation centre is set to close Dec. 1.

This is the last chance interested buyers will have to tour the display suite and experience the quality of this landmark community from the inside.

"The response has been phenomenal and sales have been moving quickly," says Kristen Bull, marketing manager for Kensington Gardens.

"People are really responding to how much this development has to offer."

The final phase of Kensington Gardens launched Oct. 25, featuring homes from the development's northeast tower.

"We've seen a real range of buyers," Bull says. "Everyone from investors who see the value of this location, to first-time buyers, couples and young families who are looking for convenience and an accessible price point, to downsizers looking for a great value home that's close to everything they need."

The interiors are sleek and modern with all the features homeowners are looking for, including air conditioning, sound- and heat-insulating concrete construction, German kitchens, and Miele stainless steel appliances.

Three residential towers make up the integrated urban community, alongside a collection of townhouses and a residential podium, linked by an elevated landscaped courtyard, a new park, lane and plaza.

Homes at Kensington Gardens range from one bedrooms to three bedroom and dens.

When prospective buyers visit the presentation centre, they will experience a two-bedroom-and-den display home with luxury fixtures and finishes that will come standard in homes at the development.

The kitchens provide a focal point in the home, and have the top-of-the-line appliances to match, including German-imported Nobilia cabinetry, Miele appliances, Duravit fixtures, elegant wide-plank engineered wood flooring, sleek Corian countertops, polished chrome faucets, and back-painted glass tile backsplashes.

The Kensington Gardens display suite is only open until Dec. 1. It is open daily from noon to 5 p.m. (closed Fridays) at 2220 Kingsway (at Gladstone). Call the sales team at 604-620-7886 for more details.

Register at kensingtongardens.ca to stay in the know and be the first to find out about upcoming special offers.

A neighbourhood with character

When a new home development is good, locals buy in. That's exactly what has been happening at Kensington Gardens, a new condo development in Vancouver's Kensington Cedar-Cottage neighbourhood.

The master-planned community will take up an entire city block at 2220 Kingsway in Vancouver.

"We've seen a significant number of buyers who are from this neighbourhood," says Kristen Bull, marketing manager for Kensington Gardens.

"It's an indication that the location is one people want to stay in, and it's a great sign that newcomers are going to love their new community."

The Kensington-Cedar Cottage neighbourhood has character. Around Kensington Gardens, residents will find myriad places to eat, play and shop. Commercial Drive nearby is one of Vancouver's most diverse strips of eateries, bars and shops — home to Vancouver's little Italy and some of Vancouver's best Neopolitan-style pizza and other Mediterranean favourites.

Closer to home, Kingsway is also Vancouver's hot spot for fresh and authentic Vietnamese food. Or make your own delicacy using the reasonably priced organic groceries you will find at local mainstay Famous Foods.

A 40,000-square-foot Asian supermarket and other exciting retail tenants will be moving in on the ground floor within the Kensington Gardens block, providing residents the best possible convenience.

CONTRIBUTED

Transportation couldn't be easier to find from Kensington Gardens. Residents can access the many public transportation options at their doorstep, including the SkyTrain, bus routes and bike routes nearby that connect to the city's major routes.

Green space is at your fingertips at Brewers Park, Kensington Park or General Brock Park. Residents with children will appreciate the development's close proximity to Gladstone Secondary, Lord Selkirk Elementary and John Norquay Elementary, all located just a few blocks away from Kensington Gardens.

"More and more people are realizing that this neighbourhood is an outstanding place to live," Bull says.

CONTRIBUTED

THE CREAM OF THE CROP

Amenities at Kensington Gardens are the cream of the crop. Developer Westbank wouldn't have it any other way.

Westbank is recognized for quality and has built some of Vancouver's most stand-out luxury buildings, including award-winning, design-driven developments the Shangri-La, the Shaw Tower, Telus Garden, the Fairmont Pacific Rim, and Westbank's beacon project, Vancouver House.

Kensington Gardens residents will enjoy five-star, hotel-quality amenities, including a fitness centre, a year-round swimming pool and multi-use shared areas, such as a barbecue lounge, for residents to relax in style.

Residents won't have to leave the building to get the most out of their surroundings at Kensington Gardens.

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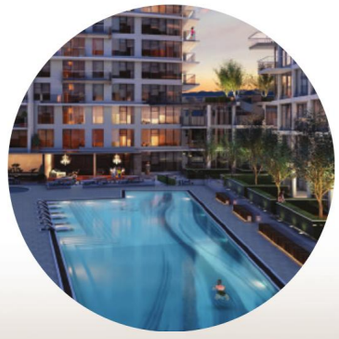

Year-round Swimming Pool

National Asian Supermarket

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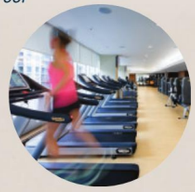

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INTELLIGENT LUXURY

BEAUTIFUL, FUNCTIONAL HOMES AT THE PARK

A new generation of homebuyers is looking for more than just chandeliers and granite countertops — they are demanding intelligent luxury.

Today's couples and young families want sophistication, but not just in how their new home looks. They want a home that is functionally seamless, says Sean Lin, sales director of The Park Metrotown, a new condo development adjacent from Metropolis at Metrotown in Burnaby.

"Today's young buyers are very choosy," he says. "They don't want to compromise between form and function. Our two-bedroom homes are perfect for first-time homebuyers because they're beautiful, functional homes that buyers they can grow in."

As a result of this demand, developers are building homes that incorporate intelligent luxury into every aspect. At The Park, beauty and smarts are par for the course.

Another facet of The Park's intelligence is its price. The Park is Metrotown's best value, offering one bedrooms from $270,900, two bedrooms from $438,900, and three-bedroom townhomes from $636,900.

"We've seen such an amazing response since we launched the early-release homes in early November," Lin says. "There was a lineup out the door on opening day thanks to our combination of great quality and location at an unbelievable price point. In fact, our early collection of homes is oversubscribed. We're taking registrations now for the next release coming early 2015."

The quality is easy to see in the interiors at The Park, which were designed by award-winning interior design studio Christina Oberti.

Features such as Italian-made Bertazzoni appliances imbue the homes with polish. All homes have spacious, smartly designed layouts with spacious balconies and high-end finishings.

"We've thought of everything," Lin says.

Visit the Intergulf showroom at City Square Mall, #130-555 W. 12th Ave. Contact the Park at Metrotown team at 604-687-8800, or info@TheParkMetrotown.com.

CONTRIBUTED

EVERYTHING CLOSE TO HOME

Intelligent luxury means a home that enables its residents to live a full, healthy life in a prime location. At The Park, located next to Metropolis at Metrotown and steps from Bonsor Park, luxury surrounds you.

"Living here, you have it all — parks and greenspace, thriving local shops and services, accessible transportation, and internationally renowned brands — all at your doorstep," says Sean Lin, sales manager for The Park Metrotown.

With more than 450 stores, including Coach, Michael Kors and other well-known fashion brands, Metropolis at Metrotown is a high-end style hub.

Closer to home, residents at The Park can access the development's exclusive five-star, hotel-style amenities, including the 20,000-square-foot wellness centre. Residents can take full advantage of the spa complete with European-inspired hydrotherapy pools, an expansive fitness centre, four-storey high lobby, private dining room with gourmet kitchen and expansive patio, and exclusive private garden.

After your spa treatment, invigorate your senses in the 2,500-square-foot rooftop oasis, which includes an outdoor lounge offering panoramic views of downtown Vancouver, the North Shore Mountains, Deer Lake Park and more. End your day with a calming yoga session at the rooftop indoor yoga studio and juice bar.

CONTRIBUTED

The beauty of living at The Park

Urban amenities and peaceful parkland

The Park Metrotown isn't green in name only. Homebuyers couldn't pick a location with a better mix of urban amenities and peaceful parkland.

Green space is apparent inside and out at The Park. Expansive windows frame breathtaking panoramic views of Vancouver, the North Shore Mountains, Deer Lake Park and the surrounding area.

In a city recently chosen as Canada's best-run, it's no wonder the quality of life is high.

"When you want to get outdoors the options are endless," says Sean Lin, sales manager for The Park Metrotown. "There's something for everyone and every mood, whether it's a short walk to the park and gardens at Bonsor Park, or an extensive tour around Burnaby's crowning jewel, Central Park."

When residents are looking for retail therapy, they can head next door to Metropolis at Metrotown, the largest shopping mall in B.C. with more than 450 stores.

Style-inclined residents will find big brands including Coach, Michael Kors, Aritzia, Nike and many more. Multiple supermarkets within walking distance, including the Real Canadian Superstore and T&T Supermarket, will ensure you have every ingredient and any other household item you need.

Stop in for some leisurely window shopping and grab a pumpkin spice latte while you're at it, or pop in quickly for the items you need and be home within 15 minutes.

"That's the beauty of living at The Park," Lin says. "You're so close to everything you need and more at a state-of-the-art shopping centre, but you can easily go home to the solace, quiet and intelligent luxury of your new home. It's the best of both worlds."

Find a wide variety of entertainment options, too. When you are looking to veg out in front of the big screen, you will always find the latest blockbusters at SilverCity Metropolis.

"The location has everything residents need," Lin says.

EARLY RELEASE COLLECTION OVERSUBSCRIBED!

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A DOWNTOWN METROTOWN OASIS

Here, in bustling Metrotown, you're in the midst of a truly livable community, with an abundance of shops, schools, services and restaurants. It's a vibrant neighbourhood, and The Park's right at the centre of it all.

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TheParkMetrotown.com
604.936.1888

intergulf DEVELOPMENT GROUP

MARKETING BY magnum project ltd

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Addition homes offer flexibility

As temperatures drop, cosiness becomes key. A great condo should provide all the comfort you need — and then some.

At Addition, a new condo development on Hornby and Helmcken in downtown Vancouver, homes were built to deliver the greatest possible quality of life to residents.

The development's collection of 164 homes ranges from studio to three-bedroom apartments and townhomes. Starting at $346,900, they offer a range of living space options to suit every lifestyle.

Addition was designed to cater to buyers of all stages of life — first-time buyers, investors, couples, young and established families, and downsizers.

Some features are essential, no matter your lifestyle, and these are built into every home.

The solid concrete construction and thermo-acoustic underlay ensure every resident has peace and quiet.

The homes were designed with features to simplify residents' modern lifestyles, including an ultra-efficient stacking washer and dryer by Blomberg, and a USB outlet and recessed LED lighting in the bedroom.

Friul Intagli kitchens from Italy add style and functionality.

"We have allocated as much space as possible to the open-concept living area so that residents have a real choice on how to furnish the space," says Nick Prastos, sales manager of Addition.

"Often, efficient-unit layouts mean the owner needs to find equally efficient and creative furniture solutions to make the spaces work. Homes at Addition are more flexible."

Residents also have access to an exclusive collection of amenities to suit a downtown lifestyle. Hold your next party in the amenity lounge, or take guests out to the shaded outdoor barbecue patio where you can lounge on the outdoor seating and warm up at the fireplace.

Garden plots and a children's play area give everyone a place to play.

You won't need a gym pass. The double-height, fully-equipped fitness room for residents has everything you need.

"Addition provides a well-rounded lifestyle at your doorstep," Prastos says.

For more, visit additionliving.com.

CONTRIBUTED

PLETHORA OF ENTERTAINMENT OPTIONS

Fall is the season of performances, festivals and art gallery openings.

Living at Addition, a new development by Kenstone Properties, you couldn't be closer to the centre of Vancouver's cultural universe.

The entertainment options are endless. Catch an independent film at the Vancity Theatre, take in some edgy modern art at the Contemporary Art Gallery, catch a comedy show at the Vogue Theatre, an orchestra performance at the Orpheum, your favourite DJ at Venue, or a hockey or football game at one of Vancouver's sports complexes, Rogers Arena and B.C. Place stadium. All this is an easy walk from home — and back again at the end of your night.

"Residents at Addition will never run out of options for entertainment," says Nick Prastos, sales manager of Addition.

Residents don't need to go further than their front step to appreciate the culture and history of downtown Vancouver: The historic Murray Hotel adjacent to Addition is an enduring symbol of old Vancouver.

Kenstone Properties, the developer of Addition, is investing more than $1 million to restore the 100-year-old landmark to its former glory.

"Despite its centrality, the location is surprisingly low-key, thanks to the bike lane and tree-lined pedestrian streets, and the fact that there are no bustling restaurants and nightlife to interrupt your sleep immediately next door," Prastos says.

Balanced with all this culture is the natural beauty of the surroundings, which is still visible, even in the heart of downtown Vancouver.

"That's one of the things that makes this city so special," Prastos says.

"You can find green wherever you go."

CONTRIBUTED PHOTOS

Addition residents have easy access to Vancouver's spectacular waterfront and beautiful parks.

Play Frisbee at David Lam Park, take the kids to Emery Barnes Park to play, or have a picnic at Sunset Beach Park and watch the sun set.

When residents want some exercise, or a scenic route to work, they can walk, run, in-line skate, or bike along Vancouver's iconic Seawall, which runs around the downtown perimeter.

"Addition residents are in the perfect location to experience the best Vancouver has to offer," Prastos says.

STATE-OF-THE-ART CLIMATE SYSTEM WILL MAINTAIN SMALL CARBON FOOTPRINT

A small carbon footprint has become the gold standard for modern condo developments. At Addition, residents can live in complete comfort while using very little energy.

The development's state-of-the-art Clima Canal system from Belgium offers complete climate control, with powerful heating, cooling and ventilation in one compact and silent system engineered to maximize efficiency.

Clima Canal consumes less than one-tenth the electrical energy of conventional systems. When residents are out, the system automatically powers down.

Another feature at Addition that will reduce residents' carbon footprint and energy bills is the new Smartforme energy generation and management technology, which recycles heat released from the climate control system, using it to preheat domestic hot water.

Advanced in-suite metering tracks your energy usage, which means you only pay for the energy you use.

AN UNEXPECTED ADDITION TO DOWNTOWN LIVING

Now this is one well-tuned kitchen. European cabinetry by Friul Intagli open from linear grooves, recessed into the matte white lacquered panels. The textured stainless steel counter seamlessly dips into a weld-on sink, centered below a wall-mounted kitchen faucet with a swivel spout. Not to mention the high-performance German appliances, flush-mounted and integrated to be visually clutter-free. Every form and function accentuates a minimal simplicity. It's unexpected for downtown living, and what I love about Addition.

Suite 1135 · Townhouse · 1,292 SF **$769,900**	Suite 2001 · 3 Bed · 1,054 SF **$833,400**	Suite 802 · 2 Bed + Flex · 874 SF **$643,900**	Suite 301 · 1 Bed · 501 SF **$348,900**	Suite 1403 · Studio · 487 SF **$349,900**

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COUNTRY VIEWS, CITY LIVING

HUDSON'S LOFT 2 PLANS TO DELIVER ON ALL COUNTS

The principles of modern city living — space efficiency, clean design, durable materials — are coming to Abbotsford, making home ownership achievable again.

Hudson's Loft 2, a new condo development by Wiebe Group and Diverse Properties, is the much-anticipated second phase of Abbotsford's new Central Park Village community.

The first phase of this landmark development is already underway, and Hudson's Loft 2 will be move-in ready for early 2016, bringing sleek and practical city living to Abbotsford.

The homes range from $99,900 to $279,900, with a special down payment plan available to make the homes accessible for every buyer.

"We had an overwhelming response to our first phase," says Kathy Taylor of Hudson's Loft. "People were very excited that there was a development that had downtown design sensibilities and a great location at a price they felt good about."

Today's homebuyers don't want to compromise, she says. They are looking for cosmopolitan living, with all the shops and amenities of a downtown apartment, all at an accessible price.

CONTRIBUTED

Hudson's Loft delivers on all counts. Part of the master-planned Central Park Village community on Gladwin Road in Abbotsford, Hudson's Loft 2 is the second building of the 9.5-acre neighbourhood.

The community's centre square will include a village market and café, with restaurants and local businesses providing a hub for residents.

There is a world of green space with parks and trails at your doorstep. The nearby pond and conservation area are a picturesque setting for your home, and the nearby forest trails at Horn Creek Park are perfect for a leisurely Sunday walk.

Residents will be close to downtown Abbotsford, with easy access to its many amenities, including the Real Canadian Superstore, Sevenoaks Shopping Centre and West Oaks Mall, all less than a 10-minute walk away. Fast-track your trips to downtown Vancouver by the new Port Mann Bridge, which provides a 45-minute drive into the city, or via the West Coast Express train from the station nearby.

Visit the presentation centre at 3068 Gladwin Rd., Abbotsford, call 604-864-8948 or register for more info at hudsonsloft.ca.

AFFORDABLE FOR EVERYONE

Hudson's Loft is an excellent investment whether you are a first-time homebuyer, a family or you are downsizing — now buyers can invest for as little as a few hundred dollars per month.

The special payment plan at Hudson's Loft 2 allows qualified first-time buyers to pay their deposit over 14 months while the homes are being built, which the developer will match. By the time Hudson's Loft 2 is move-in ready in 2016, buyers will have 10 per cent down.

Its diversity is part of what makes Hudson's Loft special.

"Having many different types of buyers gives us the vibrancy that's at the heart of our development," says Kathy Taylor, vice-president of sales at Hudson's Loft.

For more, visit hudsonsloft.ca.

A sense of space in a downtown setting

The designers of Hudson's Loft created the development to cater to a downtown taste — contemporary design, maximal usability and careful attention to detail.

Buyers can choose from two earth-toned interior design schemes — Soho and Madison.

Regardless of square footage, floor or layout, every condo at Hudson's Loft has a sense of space. Nine-foot ceilings let in natural light, while loft units reach even higher with 18-foot ceilings in the living areas and eight-foot ceilings in the bedrooms. Large windows and spacious balconies and terraces further expand the feeling of space, and the views of Mount Baker can't be beat.

The beauty is in the details with Hudson's Loft finishes. The engineered wood flooring is attractive and durable. Deep carpets provide comfort and warmth in the bedrooms.

The latest appliances featured in every home include a stacking Energy Star washer and dryer, an Energy Star dishwasher, and water-efficient Kohler toilets.

"We knew energy-efficiency was important for our buyers," says Kathy Taylor of Hudson's Loft.

The stainless steel appliances by Frigidaire include a slide-in, ceramic glass cooktop and self-cleaning oven, an over-the-range microwave and hood fan, and stainless steel undermount sinks.

Other sleek features appear throughout the homes, including stacking sliding glass doors that provide an optional room divider for the den, quartz countertops and high-quality cabinetry with soft-close hardware.

CONTRIBUTED PHOTOS

The luxury bathroom has marble countertops and marble accent tiles, modern faucets, a rain showerhead and a soaker tub.

"We have all the features our buyers need to feel completely comfortable and at home," Taylor says.

Hudson's Loft homes were designed with many different demographics in mind.

If you are looking for some green space to make your own, the garden terrace condos are for you. The flats on the second floor, and the lofts on the third and fourth floors are perfect for entry-level condo buyers, young families and downsizers.

The two-level penthouse apartments on the fifth and sixth floors offer larger square footage and rooftop decks perfect for barbecues or sitting with a cup of tea and contemplating the view.

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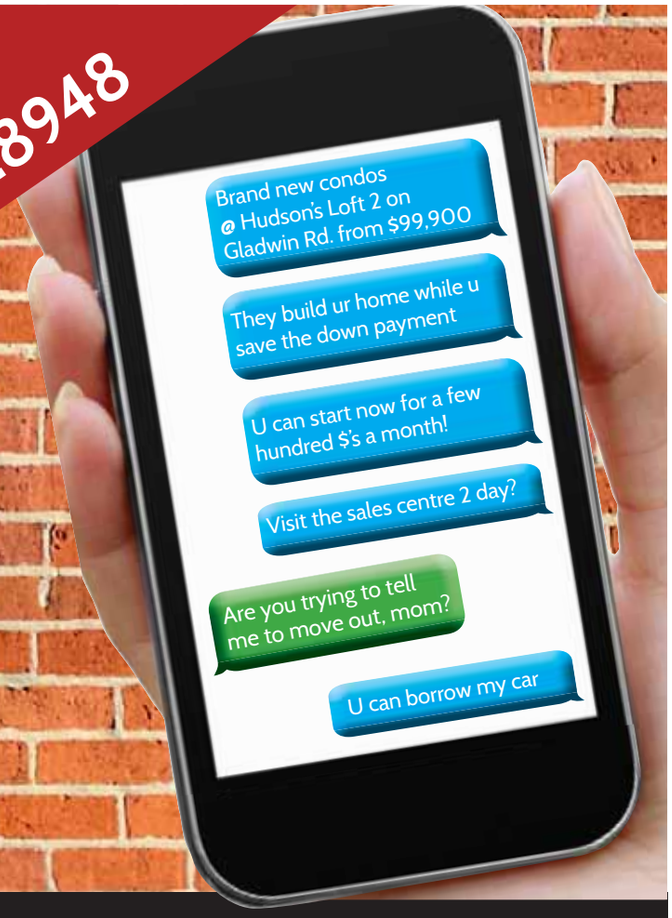
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CONTRIBUTED PHOTOS

Homes built for families

Northwest offers all the features you want in a polished package

Since 2011, the city of Vancouver has required that local developers include at least a quarter of designed homes for families (i.e., two- and three-bedroom condos).

Northwest, a new master-planned community in South Cambie Village at Marine Drive and Cambie Street, has done better. More than half of its homes have two to three bedrooms and the remainder are one bedrooms — perfect for young and growing families.

"The neighbourhood is expanding, and we're designing homes for families who are looking for a place to expand, too," says Nick Belmar, the vice-president of sales for Onni.

The interior features provide all the conveniences a young family needs in a polished package.

The double-glazed, Low-E windows with thermal and acoustic engineering were designed to reduce noise transfer while increasing UV protection and insulation, because residents deserve to live in comfort and quiet.

And the views are amazing: Panoramas of the North Shore Mountains and the Fraser River and beyond. From your elevated vantage point, you will be reminded of just how much your beautiful locale has to offer.

Contemporary, wide-plank, commercial-grade laminate flooring throughout living, bedrooms, den, and kitchen areas will weather anything you throw at it.

The Whirlpool full-size high-efficiency front-loading stacking washer and dryer means you will never have to worry about laundry.

Practical, with the ability to personalize, the homes come in two colour schemes — Cambie and Marine. Kitchens are outfitted with composite-stone countertops, soft-close cabinetry and integrated stainless steel appliances. Every home has a large outdoor balcony and/or terrace.

For young families, an achievable price is critical.

"We have the west side's best value," Belmar says. "These homes are at a very attractive price point, particularly for first-time homebuyers."

Within the development, residents will have access to the exclusive Northwest Wellness Club, which includes a professionally-equipped fitness centre and a podium-level roof deck featuring garden plots, and a socializing area with a barbecue.

FORWARD-THINKING GREEN FEATURES

Green is the new gold standard in home-building. Forward-thinking developers are providing buyers with green features that go way beyond energy-smart light bulbs.

Northwest's towers are certified to a LEED Gold standard. For residents, benefits include energy-saving Energy Star appliances, car charging stations, and high-efficiency heating and cooling for year-round temperature control.

Homes also have the future ability to connect to the neighbourhood energy system. The buildings were designed using energy modelling to reduce energy consumption and increase cost savings for residents.

MOVE INTO A HUB OF ACTIVITY

The new Marine Drive SkyTrain station has been a game changer for south Cambie Street at Southeast Marine Drive in south Vancouver.

Since the station opened with the Canada Line in 2010, the area around it has steadily grown and flourished, becoming one of the best areas to live and buy a home in the city.

On Nov. 22, a landmark condo development launched in the neighbourhood's epicentre, right across the street from the Marine Drive SkyTrain Station. Northwest, a two-tower, master-planned community by Onni Developments, opened the doors to its presentation suite.

The excitement was palpable.

"The response we got for Northwest from the community was amazing," says Nick Belmar, the vice-president of sales for Onni. "We've had hundreds of people through the presentation centre."

CONTRIBUTED PHOTOS

South Cambie Village, as the area is being called, is growing rapidly, becoming a hub of activity in the community for business and entertainment.

For a relaxing night out at the movies, residents just need to walk across the street to the new Cineplex Odeon Theatre.

Take your family out for a meal at local restaurants, catch up with friends at the pub across the street, or grab a coffee at the nearby Starbucks.

If you are feeling like a night out on the town, a plethora of entertainment and dining options are 20 minutes or less away via the Canada Line. Take in a show at the River Rock Casino, find a new wardrobe at Richmond Centre or Oakridge Centre, or grab a bite in downtown Vancouver.

With the Marine Drive SkyTrain Station located across the street from your home, every corner of the Lower Mainland is just minutes away. Nearby bike lanes offer a fast-track to downtown and to Richmond via the pedestrian/bike bridge.

Finding everyday essentials like groceries is easy. There many options nearby at South Cambie Village, including Osaka Supermarket, Shoppers Drug Mart, banks, a liquor store, as well as other services.

Green space isn't far away either. Neighbouring Ash Park provides tranquility in the heart of the city.

The presentation centre is located at 8515 Cambie St. in Vancouver and open daily from non to 6 p.m. (except Fridays). For more information, call 604-325-5151 or visit onni.com.

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ENJOY A WIDE RANGE OF OPTIONS

HAZEL HOMES IN COQUITLAM ARE MOVE-IN READY

CONTRIBUTED PHOTOS

Time and energy are precious, especially when you have a young family.

At Hazel, a new collection of 34 homes in Coquitlam, buyers can move in instantly.

"We decided to run our sales differently than other condo developments that are out there," says Kiran Rai, marketing director for Hazel.

"We haven't released any of our homes for sale until now, after the development is fully built and ready to move in."

For buyers, that means there is a wide range of options available for price, size, layout, floor and other specifications.

The one-bedroom, two-bedroom, two-bedroom-and-den, and three bedroom homes come at very accessible prices. The one bedrooms start at $220,900 and the three bedrooms start at $350,900.

"Three-bedroom condos are quite rare in this area," Rai says. "And none are available for a price this good."

The homes were meant to be adapted to residents' individual needs. Open-concept layouts at Hazel let you make optimum use of your living space.

A sense of quality is obvious throughout the homes. Nine-foot ceilings give the space an airy feel, sleek, wide-plank laminate flooring gives polish to the entryway, kitchen, living and dining rooms. Carpeting in all bedrooms gives your feet a comforting place to land when you get out of bed.

When you have guests over, the perfect place to host them in warm weather is your spacious patio or balcony. Every home comes with one "and they're huge," Rai says.

Be proud to host visitors in your gourmet kitchen, with its wood-grain laminate cabinetry, three-centimetre slab quartz countertops, porcelain high-gloss backsplash tiles, stainless steel appliances, and undercabinet accent lighting.

When washing up, the stainless steel undermount double-bowl sink with contemporary single-lever faucet and chrome pull-out spray are stylish and practical.

Parents will appreciate the safety and security of every home at Hazel. Every unit comes with a rough-in security system and the development has secure underground parking.

"Hazel is move-in ready, it's brand new, and you can move in tomorrow," Rai says.

The Hazel sales centre and display home are open daily from noon to 5 p.m. (except Fridays). Visit #104-827 Roderick Ave., Coquitlam.

For more information, please visit liveathazel.com or call 604 937 2599.

CONTRIBUTED

HOMES BUILT WITH PRIDE

Hazel is the result of many years of skills training and development. Phoenix Homes, the developer of Hazel, was officially established in 1999 by a team that produced many high-quality homes since 1978.

To date, the team has built more than 500 homes in six municipalities in the Lower Mainland. Phoenix Homes has a personal interest in every project and takes pride in what it builds.

Phoenix makes sure properties are built in strong neighbourhoods so that each development will blossom into a vibrant community. The developer builds every home with the very best materials and uncompromising commitment to quality and service.

For more, visit phoenixhomesbc.ca.

Raise happy, healthy families at Hazel

CONTRIBUTED

Green, friendly and community-oriented: Coquitlam is the ideal city to raise a family.

At Hazel, a new collection of condos in Coquitlam by developer Phoenix Homes, family is in focus.

Green space makes everyone happier and healthier, but it's especially important when you have kids. At Hazel, green space is abundant. Verdant landscaping encloses the development and a children's play area on the property means you can have fun outdoors without venturing far from home.

"The location is amazing for young families because Coquitlam is such a green city," says Kiran Rai, marketing director for Hazel. "Hazel is also right across from an elementary school, Alderson Elementary. And Ecole Banting Middle School isn't far away for older students."

Coquitlam is a great city to keep you active, too. A forest, parks and hikes are at your doorstep, waiting to be explored.

The Vancouver Golf Club and Blue Mountain Park are two close green spaces with many features for kids and families to enjoy.

Poirier Sport and Leisure Complex provides fitness and outdoor programs for kids. Swimming, skating, curling, dance classes — this centre is a community hub for recreation.

The Burnaby Public Library Cameron branch is easily accessible and full of resources, including storytime and other great activities for kids.

Hazel is a hub for getting anywhere in the Lower Mainland quickly and efficiently. With unbeatable access to Lougheed Highway and the Trans-Canada Highway, you can be at SFU on Burnaby Mountain or BCIT in less than 20 minutes.

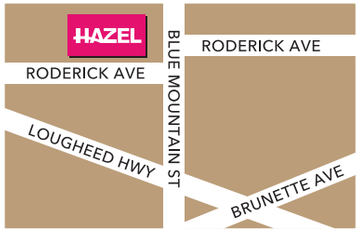
Hazel is also close to the Braid SkyTrain Station, the fastest way to get across Metro Vancouver.

Shopping is easy with major grocery stores, services and restaurants on Lougheed Highway, Blue Mountain and Brunette nearby. Lougheed Town Centre, with its multitude of shops and services, is just five minutes away by car.

THE RIGHT PLACE AT THE RIGHT TIME

Hazel is the place... and NOW is the right time to move right in. Hazel is about access to everything you need: Schools, Parks, Freeways and Skytrains. Hazel is about 3 bedroom homes for families and large one bedroom homes for those with busy careers.

Hazel is about you and definitely worth a look.



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PHOENIX HOMES

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The developer reserves the right to make modifications to the information contained herein. Promotions, prices and availability are subject to change without notice. See a Sales Representative for more details. E. & O.E.

CONTRIBUTED PHOTOS

ARE YOU READY FOR SOMETHING DIFFERENT?

How about a brand new rental apartment in False Creek that lives like a boutique condo? Complete with rooftop lounge, pet-friendly floors, DIY workrooms, and your own garden. And the game-changing BosaEQUITY™ program that converts some of your rent money into a downpayment. Yes, really. **Move In November.**

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Please contact a Bosa False Creek representative for further details on BosaEQUITY™. The Developer reserves the right to make changes to the information contained herein. Bosa False Creek is developed by Bosa Properties (Lido) Inc. E.&O.E.

RENT NOW, INVEST IN YOUR FUTURE

WITH BOSA PROPERTIES

Renting a home now can help you invest in one down the road, thanks to a new program at Bosa False Creek, a rental building in spectacular False Creek built by renowned Vancouver developer Bosa Properties.

The innovative program, called BosaEQUITY™, is the only one of its kind in Vancouver, and is designed to make home ownership easier.

Every month, 15 per cent of a tenants' rental payments are set aside. Tenants can then use those funds to make a down payment on any Bosa or BlueSky new home, to a maximum of three per cent of the home's value.

With a monthly rent of $1,600, for example, renters would accrue $240 per month in BosaEQUITY™ credits.

"This program aims to provide assistance to Vancouverites who feel like they'll never be able to afford their own homes," says Tracy Fruin, a rental associate for Bosa.

The suites at Bosa False Creek are great for individuals or couples looking for a modern, central place to rent while they're saving up to buy. Suites are now available, starting at $1,595 for a one bedroom.

Centrally located in southeast False Creek on Main, between First and Terminal, Bosa False Creek is half a block from the SkyTrain and steps away from the shops, services, recreation and entertainment at Olympic Village and Cambie Village. A professional landlord and conveniences like ensuite laundry will provide renters peace of mind.

View the available suites at 180 Switchmen St., from 11 a.m. to 5 p.m. Wednesdays to Sundays. Register now or learn more at info@bosa4rent.com, 604-412-0316, bosa4rent.com.

FANTASTIC AMENITIES

The amenities at Bosa False Creek provide residents everything they need to live well. A large, private rooftop lounge provides a place for renters to hold parties and meet their neighbours, while the fully-equipped fitness centre is a convenient way to get a workout.

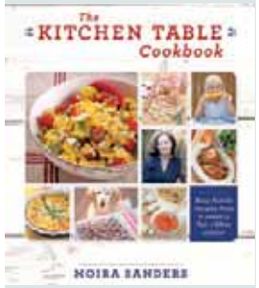
"Our fitness centre is a fantastic alternative when it's raining or you don't have enough time to bike the Seawall, which is just steps away," says says Tracy Fruin, a rental associate for Bosa.

The rooftop garden provides inspiring vistas of Vancouver, while the pet-wash station is a creative and useful addition for pet owners. "Particularly in the winter when dogs get muddy," Fruin says.

Fling away those frozen fish sticks

Cookbook of the Week

Family favourites



Sometimes you want to go back to basics. Enter The Kitchen Table Cookbook by Moira Sanders. The release offers recipes that have been tried, tweaked, sampled, savoured and passed on. It covers all the bases for feeding your family during all seasons. Among recipes are: Fresh Sesame Bread Sticks, Sunday Roast Beef Tenderloin, Seared Salmon, Stuffed Shells, Malted Milk Cookies and more. **METRO**

Perch-in-a-Basket with Tartar Sauce.

Bring an old pub favourite to your table

"I love everything about perch. Catching it, cooking it, eating it — what's not to love? I recently found out that a friend of mine ... even had it for her wedding dinner. I wish I had thought of that!" writes Moira Sanders in her book The Kitchen Table Cookbook.

1. Combine the flour, salt and pepper in a bowl. Whisk the eggs and milk together in a second bowl. Place the finely crushed saltines in a third bowl. Place the bowls in this order next to the stove where you will be cooking the fish.

2. Heat about 2 inches (5 cm) of oil in a large saucepan over medium-high heat. Use a deep-fry thermometer if you have one — the ideal temperature is 375 F (190 C) — or check that the oil is ready by dropping a small piece of bread into the hot oil to see if it bubbles right away. Preheat the oven to 250 F (120 C).

3. Dredge each fillet in the flour mixture, egg mixture and finally in the crushed saltines. Carefully place 3 or 4 fillets in the hot oil. Turn the fillets once they have turned a dark golden on one side. When the pieces are done, remove from the oil and place on a baking sheet lined with paper towels.

4. Place the finished fish in the oven to keep warm and continue frying the rest of fillets. Serve hot with Tartar Sauce.

Tartar Sauce

1. Combine all of the ingredients in a medium bowl and mix thoroughly. Serve immediately or cover and refrigerate until needed.

RECIPE FROM THE KITCHEN TABLE COOKBOOK BY MOIRA SANDERS (WHITECAP, 2014)

Ingredients

Perch-in-a-Basket
- 1 1/2 cups (375 ml) all-purpose flour
- 1 tbsp (15 ml) fine sea salt
- 1/2 tsp (2.5 ml) black pepper
- 2 eggs
- 1/4 cup (60 ml) milk
- 1 1/2 cups (375 ml) finely ground saltine crackers (about 1 1/2 sleeves of saltines)
- vegetable oil for frying
- 2 lb (1 kg) fresh yellow perch fillets (skin on is fine)

Tartar Sauce
- 1 cup (250 ml) mayonnaise

1/2 cup (125 ml) finely chopped dill pickle
1/4 cup (60 ml) chopped chives
1 tbsp (15 ml) fresh lemon juice
1 tsp (5 ml) Worcestershire sauce

This recipe serves four to six. FROM THE KITCHEN TABLE COOKBOOK

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FAMILY FUN GUIDE

BY STEPHANIE ORFORD

Where to go, what to do and how to get there. Here are this week's activity listings

CELEBRATE RBC SPORTS DAY

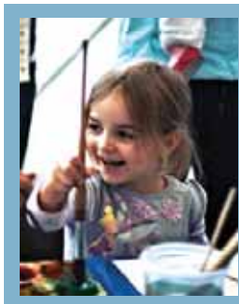
Saturday, Nov. 29 is RBC Sports Day in Canada, a national celebration of sport in communities from coast to coast, presented in partnership with ParticipACTION, CBC and True Sport. Several events will be taking place in the Vancouver area including the following:

• The Vancouver Park Board will celebrate RBC Sports Day in Canada at 21 recreation centres, including Kerrisdale Community Centre, where the public is invited to try basketball, pickleball, ping pong and more.

* Vancouver Pacific Wave Synchronized Swim Club will host a Synch It! try-it day on from 9 a.m. to noon, inviting the community to work on skills, choreography and share stories with a national team synchronized swimmer.

• The City of Surrey will host an event from 10 a.m. to 2 p.m. at the Guilford Recreation Centre, where local sports clubs from all of Surrey's six town centres will come together in celebration of community sport and active living. Attendees will have the opportunity to try new sports, sign up for sport clubs and recreation programs in the Surrey area, and meet RBC Olympians Trevor Hirschfield, Darcy Marquardt and Doug Vandor.

Learn more at **sportsday.cbc.ca.**



ART LOVERS UNITE

Mix and mingle with artists, musicians and other performers throughout the Vancouver Art Gallery's exhibits. Kids will love the demonstrations, talks and hands-on activities. Nove. 29-30, 10 a.m. to 5 p.m. Regular admission, but free for children 12 and under with an adult. Go to vanartgallery.bc.ca for more.

STREET FESTIVAL

Enjoy games and other activities for kids, as well as performances by musicians, dancers, and more at this annual tradition. It's all part of the Grey Cup Festival. Nov. 27–29, starting at 11 a.m. at Canada Place Way. Free. Go to 102greycupfestival.ca for more.

MAKE A LANTERN WORKSHOP

Cut, paste and shape your own colourful paper lantern, then bring it to light up the night at A Lantern Affair in December. The workshop is Nov. 29, from 2p.m. - 4 p.m. at Place Maillardville, Coquitlam. Free. Go to placemaillardville.ca for more.

CHRISTMAS IN BURNABY

Find out what Christmas looked like in Burnaby a century ago at this beloved annual Christmas event. Seasonal music, crafts and tasty treats are featured. To Dec. 12 at Burnaby Village Museum. Free gate admission. Check hours at burnabyvillagemuseum.ca.

"Someday I'd like to play on Team Canada." – *Madison, age 8*

Every kid has a someday. It may be something fantastical like flying to the moon, something practical like following their dad into construction or something we all can relate to like wanting to be surrounded by love. No matter what it is, we want to give them the support they need to get there. That's why we're pledging $100 million over five years to help over a million children do just that. Let's make every kid's someday™ happen.

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Vacant coaching position

Dickenson committed to Stamps: Hufnagel

The B.C. Lions are in search of a new head coach.

There's a connection between the club's general manager Wally Buono and former CFL quarterback and Calgary's current offensive co-ordinator Dave Dickenson, dating back to their relationship as coach and player.

Dave Dickenson
GETTY IMAGES

Naturally, there's been speculation that Dickenson could perhaps be a fit for the job in Vancouver, which became available when Mike Benevides was fired last week.

John Hufnagel, the Stamps head coach and general manager, was asked during the coaches press conferences on Wednesday morning if he anticipated hearing from the Lions about Dickenson's availability, and if he would stand in the way of Dickenson becoming a head coach.

"I think last year, when Dave signed a long-term contract with the Calgary Stampeders, it was pretty self-explanatory," said Hufnagel.

Dickenson, who also holds the title of assistant head coach in Calgary, which he received prior to this season, signed a three-year contract extension with the Stampeders last November. CAM TUCKER/METRO

Lewis: Cornish the best player in CFL

Grey Cup. New West product led the league in rushing despite missing half the season

CAM TUCKER
cam.tucker@metronews.ca

If Nik Lewis had his way, his Calgary Stampeders teammate and running back Jon Cornish would be the CFL's Most Outstanding Player.

The only argument against Cornish, which Lewis acknowledged, was he only played in nine regular-season games due to concussions. Still, in a sample size of half the regular season, the New Westminster product was dominant. He led the league in rushing, despite missing half the season, with 1,082 yards.

"He's still, to me, the MOP," said Lewis, a CFL veteran of 11 years in Calgary.

"He's the best player in this league and I think everybody knows it. That's what he means to our team. He's the most valuable person to our team. But to be able to win 15 games and only have him for nine is pretty amazing, too."

The Stampeders come into the 102nd Grey Cup at BC Place Stadium as the best regular-season team of 2014. And they had no real problem dispatching the Edmonton Eskimos in the West final.

Cornish, 30, was contained in the run game against the Eskimos. Just 54 yards on 14 attempts. Here's the thing, though. He's not at all one-dimensional, and he racked up 120 yards on four catches, his longest being 78 yards for a touchdown.

Stampeders running back Jon Cornish runs with the ball during a practice on Wednesday at BC Place Stadium.
PAUL CHIASSON/THE CANADIAN PRESS

The Stampeders, even without Cornish, possess an efficient offence. Their quarterback, Bo Levi Mitchell, has the makings of the next potential star at his position in this league.

Add Cornish to the mix.

Difficult task for the Hamilton Tiger-Cats; however, they were the league's best team against the run, allowing teams an average of 76.8 yards rushing per game.

Potent ground attack

7.8

Cornish averaged 7.8 yards per rush during the regular season, totalling 1,082 yards on the ground.

Cornish was in popular demand Wednesday. He's a star. One of the Canadian stars in this league.

Winning this big team prize in his hometown is one of the few things he has yet to achieve. Here's his chance.

"This is literally all I have left to win," said Cornish, the 2013 Lou Marsh award winner and CFL MOP.

"To do that here in front of my hometown ... in Vancouver, I think it would be truly a wonderful experience."

Follow Cam Tucker on Twitter @camtucker_metro

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You will get the chance to perform an unselfish act today. You may not receive any obvious rewards but you will feel good about yourself.

♉ Taurus
April 21 - May 21
No matter how many times you may have doubted your instincts in the past, don't doubt them today. According to the planets, you are in tune with the spirit of the times!

♊ Gemini
May 22 - June 21
Is what you are doing with your life meaningful? There may be moments today when your confidence wavers. Try to understand that whatever path you're on is the right one.

♋ Cancer
June 22 - July 23
Act on what your instincts are telling you. It does not matter if everyone else seems to be moving in the opposite direction, it matters only that you trust your inner voice.

♌ Leo
July 24 - Aug. 23
Make a wish today. You may not get what you want immediately but the planets indicate that by the start of next week you will see a major change.

♍ Virgo
Aug. 24 - Sept. 23
The mental boundaries you set up are far too rigid and need to be broken down. Think the unthinkable today. You may be surprised what you learn.

♎ Libra
Sept. 24 - Oct. 23
Even if you're happy with the way life is going it will pay to try something different. A new routine may seem odd to begin but you will eventually wonder why you didn't change sooner.

♏ Scorpio
Oct. 24 - Nov. 22
What happens over the next 24 hours will confirm that it is a mistake to limit yourself in any way. Old ways of doing things are unlikely to make your world better — but new methods will.

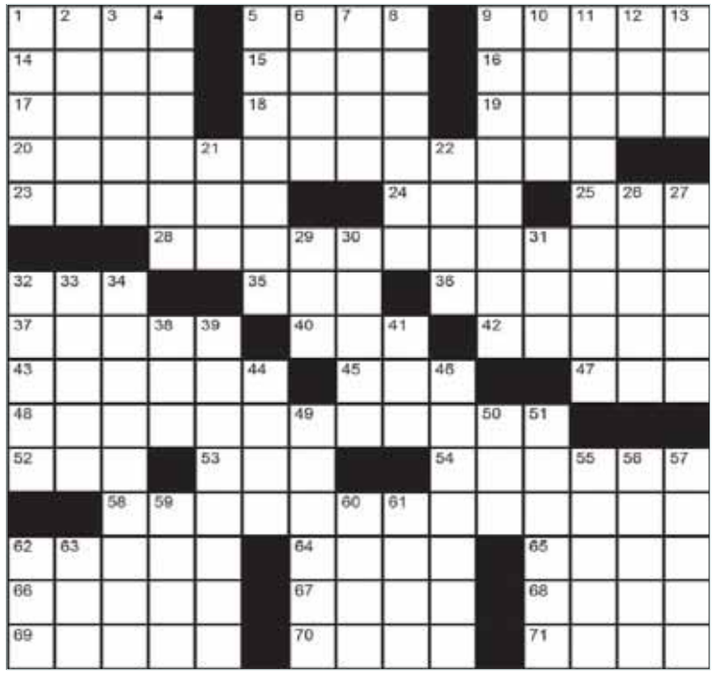
♐ Sagittarius
Nov. 23 - Dec. 21
The obvious solution to a problem is not necessarily the right one and today's cosmic outlook urges you to try something that has not been done before.

♑ Capricorn
Dec. 22 - Jan. 20
If you've been feeling left out of things, don't worry. What happens over the next few days will clue you in to what's going on and give you a starring role.

♒ Aquarius
Jan. 21 - Feb. 19
A work issue may be giving you problems but if you stay calm and listen to your inner voice it will guide you to the solution.

♓ Pisces
Feb. 20 - March 20
Someone is determined to make your life difficult but you won't overcome them by direct confrontation. Find ways you can influence their behaviour in more subtle ways.

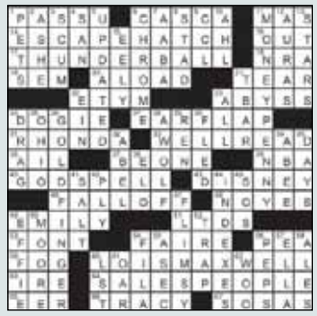
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ water
5. Pool-playing props
9. __ Thanksgiving Day Parade
14. Dial
15. Spoken
16. Basset __ (Instruments)
17. Peru neighbour, briefly
18. Attention
19. Where Joan of Arc was executed in 1431
20. Unwanted caller, often: 2 wds.
23. Lustrous sheets fabric
24. Ms. Harper, to pals
25. QVC equivalent in Canada
28. Master ensuite feature: 2 wds.
32. Culture/natural history attraction in Toronto [acronym]
35. Ms. Carrere
36. __ door
37. Belonging to Edith's li'l hubby
40. Edmonton transport service [acronym]
42. Ran, like the tortoise's competitor, say
43. Johnny Cash: "__ Prison Blues"
45. Revolutionary leader, __ Guevara
47. __ Lanka
48. La __ (World language organization that Canada, New Brunswick and Quebec are a part of)
52. Games org.
53. River inlet
54. Some curtains fabrics
58. Satisfyingly happy sounding Newfoundland town: 2 wds.
62. Grassland of South Africa
64. Math course, briefly
65. Bee's place
66. Barry Manilow's "_ __ It Through the Rain"
67. Shakespeare: "__ __, Brute?" - Caesar
68. Dr. __ Spengler, "Ghostbusters" (1984) role
69. Taboos
70. Actress Martha
71. Jean __, Wide Sargasso Sea author

Down
1. Timetables, slangly-spelled
2. __ _ week (Every seven days)
3. Have misgivings
4. Slacked
5. Type of oil or milk
6. Russian river
7. 'Grey' tea
8. Cookies bag row
9. Village known for its Saskatoonberry Festival each summer
10. Peek-_-__!
11. Royalty attendants
12. "__-haw!"
13. Amer. ID
21. Prez
22. Cleveland basketballers, briefly
26. Turn
27. Ms. Lauper
29. Cartoonist Mr. Keane
30. Tamarack __, Northwest Territories' official tree
31. Firearms org.
32. "Baby Beluga" Canadian troubadour
33. __ Munroe/Storm (Marvel Comics heroine)
34. Canadian songstress Sarah
38. QVC rival in The States
39. Plato's teacher
41. Even if, briefly
44. "Cold" by Canadian singer Rob __
46. "Free Your Mind" singing group: 2 wds.
49. Pitter-__
50. Lithium-__ battery
51. __/Or
55. Actress, Jennifer Jason __
56. Delegate
57. British WWII submachine guns
59. Taro root
60. Title for a Miss, in Spanish [abbr.]
61. Quebec __
62. Mr. Diesel
63. Comedian Mr. Philips

Yesterday's Crossword

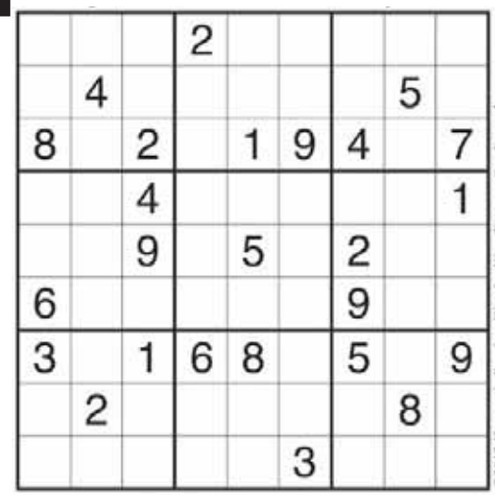


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

9	1	6	5	3	8	7	2	4
7	2	5	9	4	1	8	6	3
4	3	8	6	7	2	9	5	1
3	9	2	8	5	7	1	4	6
5	8	4	1	2	6	3	9	7
1	6	7	3	9	4	2	8	5
8	4	9	7	1	5	6	3	2
6	5	1	2	8	3	4	7	9
2	7	3	4	6	9	5	1	8

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